Chichester HERALD

Friday 25th January 2013
YOUR FREE WEEKLY NEWSPAPER

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Council battle cuts

>> *CDC to charge one of the lowest tax rates in the country*

Susanna Reid
REPORTER
NEWS@CHICHESTERHERALD.CO.UK

CHICHESTER District Council will continue to charge the lowest district/borough council tax rate in the whole of Sussex – and the country – if councillors agree with a proposal to increase the average council tax bill by 10p a week.

The council's Cabinet will meet on Tuesday 5 February to discuss how to tackle further Government cuts, which will amount to a further 12.4% in the next financial year, and 12.2% in 2014-15.

Chichester District Council charges one of the lowest council tax rates in the country due to the amount of efficiencies it has made over the past few years. The Government recognises this and has provided the council with greater freedom on how it determines its council tax rate.

This is important, because if the council does not respond to this opportunity now, the impact on residents could be greater in the future. Currently, the highest charging district / borough in Sussex charges the average taxpayer £5.27 a week – which is more than double what Chichester District charges (£2.56 a week). If the proposals are approved, the average rate will rise to about £2.66 a week.

"The Government has informed us that it intends to cut our funding by a further 12.4% next year," says Cllr Tony Dignum, Cabinet Member for Finance at Chichester District Council.

"We have always managed our taxpayers money wisely. This includes making major savings, in order to respond to cuts in Government funding, while also freezing the council tax for the past two years. However, we've reached a point where we need to review our council tax rates. Our charges are some of the lowest in the country, and they are the lowest district / borough council tax charges in Sussex. We are uncertain about future Government funding and if we don't steadily increase rates now we are concerned that the impact on our taxpayers could be far greater further down the line.

Chichester: see a snail crease a tax

"By increasing the average taxpayer's bill by 10p a week, it will help us to continue to protect the most vulnerable in the district; protect key services, and invest the.

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SCHOOL GETS ECO REVAMP WITH NEW WOOD BURNING BOILER Page 10

DESIGNER OF DELICIOUS SANDWICH RECIPE KNEW IT'S MED TO BE Page 12

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It is easy to see why Marlin are so popular when you are in their showroom, as it is such a friendly and inviting atmosphere and Lynn and Michelle take pride in making people feel at ease and without pressure. "There's nothing worse than being jumped on when you walk in to a shop but just as bad is being left alone without even so much as a hello – we exercise the happy medium, asking people if they are happy to browse or whether they are looking for something specific and if they have any questions or require brochures to simply ask."

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Local News

Goodwood regulars line-up for the 20thanniversary Festival of Speed

AS GOODWOOD pushes ahead with its exciting plans for the 20th anniversary of the Festival of Speed (12-14 July), a rich seam of top motor racing names can already be confirmed to be attending this summer's must-attend Festival, celebrating the best of the first 20 years of the world's most popular motor sport and car culture event.

With less than 25 weeks still to go until the 2013 Festival of Speed gets underway, Goodwood is already able to confirm a couple of dozen star competition drivers and riders in attendance, with an impressive number of significant motor sport victories between them.

Together the drivers set to appear at Goodwood this July have achieved 20 Grand Prix wins, as well as 12 Le Mans 24 Hours victories, four Indy 500 wins, four BTCC Championships and four Targa Florio chequered flags.

MOTOR RACING HEROES

Festival of Speed spectators can expect to see the following legendary motor racing heroes star on the Goodwood favourites, already confirmed for this summer; Rauno Aaltonen, Richard Attwood, David Brabham, Kenny Brack, Russell Brookes, Tony Brooks, Roo Chandler, David Coulthard, Vic Elford, Peter Fonda, Stuart Graham, Jochen Mass, Arturo Merzario, Hannu Mikkola, Henri Pescarolo, Wic Percy, Emanuele Pirro, Brian Redman, Anthony Reid, Jack Sears, Steve Soper, Bobby Unser, John Whitmore.

Many other star drivers and riders – yet to be confirmed – plus cars and motorcycles from each of the world's major motor sport disciplines, past and present, will also be featured at Goodwood, including; champions from Formula 1, Indycar, the World Rally Championship, Superbikes, NASCAR, World Sports Cars and Touring Cars.

Goodwood will recapture many of the outstanding Festival of Speed moments from the 1993-2012 era, whether that's great cars from the USA and elsewhere making a rare return to the UK, or famous car/driver pairings reunited, including all manner of memorable – and often outrageous – contraptions on the 1.16-mile hillclimb.

These, along with a host of vehicles and competitors new to Goodwood, and a number of unexpected treats, will provide a fitting birthday party for the world's greatest celebration of motor sport history and car culture.

Continued from page 1

New Homes Bonus into areas in the district where new development is or are built. We have also promised to protect parish councils from the budget implications of the revised Council Tax Support Scheme in the next financial year.

"If the council agrees to the proposal, we will still be offering the lowest district / borough council tax rate in Sussex and excellent value for money. We know that times are hard for everyone, but we believe that our taxpayers will understand why we are proposing this modest increase. This will both strengthen our finances and help us to protect our services at a time of great uncertainty."

Chichester District Council provides over 50 services, which are delivered over a 24-hour period. It empties bins, checks food hygiene standards, cleans the streets, looks after the coastline, cares for parks and open spaces and provides support and reassurance to the vulnerable – to name just a few services.

Although the council collects the council tax, this is then distributed to a number of public services. The council's share amounts to around 9% of the amount paid each year. The rest goes to West Sussex County Council (79%), Sussex Police (9%), and parish councils (3% on average). Each authority makes its own decisions about its council tax increases independently.

Market Square to be restored to its former glory

A PROJECT to rejuvenate Market Square and Church Hill in Midhurst town centre is set to start on Monday, February 18.

West Sussex County Council will restore the Square, situated in the old town area of Midhurst, to its former charm by turning it into a recreational space for pubs and cafes to use for outdoor seating.

It will also provide the space required to hold community events and traditional farmers' markets and make the area more pedestrian friendly.

Parking on Market Square, which is owned by the Midhurst Trust, will be restricted to permit holders only.

Parking restrictions are being relaxed in Edinburgh Square and South Street.

The enhancement will cost £376,000 and is being carried out by the County Council's contractor Balfour Beatty.

Because it is located within the Midhurst Conservation Area, high quality Yorkstone will be used to pave the footways in Market Square and Church Hill.

Yorkstone will also be built into the tarmac carriageway between Market Square and West Street to create an attractive "corridor effect".

The Memorial tree in the Market Square is to be preserved, and the other two trees are to be replaced and repositioned.

A new drainage system will also be in place.

Funding for the project has come from The Monument Trust, which has provided £200,000, with the County Council investing £176,000.

The works are expected to be finished by the end of July.

A public exhibition is being held at St Mary Magdalene Church Hall in Old Town Hall, Market Square, Midhurst, West Sussex, GU29 9NJ, between 11am and 3pm on Thursday, January 31.

Engineers from West Sussex County Council and Balfour Beatty will be there to answer any questions residents may have about the project.

The plans will be left on show in the Church Hall until Thursday, February 14.

County Council Cabinet Member for Highways and Transport, Peter Montyn, said: "This scheme is the result of two years' worth of public consultation to help Midhurst retain its status as a market town."

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Anorak Corner
Did you know? A taster of Chichester facts and figures...
It's not all theatre productions – both Duran Duran and
Depeche Mode performed live at Chichester Festival

Our Chichester shops have a very varied approach to a "Sale"

Tommy Boyd

EU REFERENDUM

It will be like how everyone votes at General Elections, people will vote according to what they've been saying down the years. Who's going to read the paperwork?

EDUCATION

Schools that closed on Friday and /or Monday got it right. I say. The Six O Clock news had footage of parents sledging with their children saying there's more to life than book learning. Then up popped a very scary headmaster from a Midlands Academy who roared "They had Saturday and Sunday to play, I want them in here now! LEARNING!"

EDUCATION

Research. It it was carried out, would show that 99% of the things we learned at school that we actually use in life, we learned in the playground, not the classroom. Social skills, pecking orders, our place in the world, the likelihood of our dreams coming true, engagement, friendships, group dynamics, self preservation, the fact that girls/boys are more interesting than the Tudors.

SALES

Our Chichester shops have a very varied approach to a "Sale". Some slash prices 50% even 75%. One or two shops (menswear) knock a few quid off, sniffily, like the whole thing is beneath them.

CHICHEETER HARD MEN (AND WOMEN)

From where we live you can hear the rugby players training in the evening. In this weather. But down at a number of car parks you can see men and women offering to hand wash cars for £5. All day long. In this weather.

WINTER

Tuesday this week, four in the afternoon had to be the low point, surely. Freezing rain followed by driving sleet, then snowflakes the size of envelopes. The evenings are getting lighter though, have you noticed.

IDIOTS ON THE ROAD

Driving in these conditions is obviously hazardous. But men still zoom around tailgating and jumping amber lights. We psychologists put it down to ego. They hope deep down they are so important that they must get where they are going pronto or else worlds will collapse.

THE WORLD WE LIVE IN

Is still dominated by America. If they fix their economy, you and your children will be okay.

AMERICA

I got an internet radio for Christmas, you can listen to every radio station on earth. One of my favourite stations is Native American. The people we used to wrongly call Red Indians. Dakotas, actually. Yesterday the breakfast guy: "There will be basketball in the centre tonight for students. No fighting. No weather this morning as she fell over or something last night. Broke a rib." Then he played "The Boys Are Back In Town" followed by an ancient Sioux song about buffalo. Beats Radio Two any day.

RIGHT WING AMERICA

Another station was talking about baseball "The Red Sox have found a great new pitcher, he throws with heat." Other guy says "What's his name?" First guy says "That's his name "He Throws with Heat" He's a Sioux."

JOKE

Had my eyes tested in Boots, charming staff. Why don't they sell Castor Oil in Boots? Because it would run out of the face holes.

Let us know what you think

@chiherald

CONTACT TOMMY AT: TOMMY.BOYD@CHICHESTERNEWSPAPERS.CO.UK FOLLOW TOMMY ON TWITTER @THETOMMYBOYD

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Tweets of the Week!

All tweets are from Chichester people or about the area
(Some tweets may contain errors)

@GraceTimothy
"Have just spent 3rd lunch in a week in Bill's Chichester. It's brilliant #That'sMaternityLeave"

@Opinion_Monster
"Warning my brothers uni hoody and some1 starts talking to me about how she was going to go there and why did I choose chichester... Awkward"

@harrystanding
"Chichester uni students on pointless they're going to last a long time ...p"

@Brooksrunninguk
"Want to race on 3rd Feb? Chichester 10k entry is still open"

@WestSussexExpo
"Are you a #Chichester based business looking to connect with local companies? Come and visit our free business show"

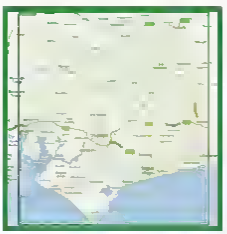
Follow us: @chiherald

Chichester
FREE EVERY FRIDAY HERALD

Chichester Herald [illegible] available for self selected pick up every Friday across Chichester and the surrounding area in a wide variety of locations with a weekly readership of up to **75 000.**

Distribution locations include: Tesco, Sainsbury's, Waitrose, Iceland, Chichester bus station, Chichester train station, Westgate Leisure Centre, Nuffield Fitness & Wellbeing, Cineworld, newsagents, One Stop, Chichester College plus **314 newspaper stands** in the area. Chichester Herald also in all coffee shops. We also distribute our east end newspaper to the majority of businesses in your area including industrial estates and the outskirts of the city.

Pick-up point areas and businesses delivered to include:
Aldwick, Arundel, Barnham, Birdham, Bosham, Brackelsham, Chichester, Fontwell, Goodwood, Midhurst, Nyetimber, Pagham, Petworth, Selsey, Slindon and East & West Wittering.



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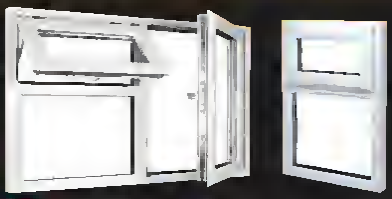

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Appeal for witnesses to fatal collision on A27 Chichester

A MAN has died after being struck by a lorry on the A27 just outside Chichester. Police are appealing for witnesses to the fatal road traffic collision on which happened on the A27 between Emsworth and Chichester on Tuesday (22 Jan).

Emergency services were called to the collision on the A27 eastbound at 7.25am involving a male pedestrian who sadly died at the scene and a lorry.

The pedestrian was a 45-year-old man from the Portsmouth area. Formal identification is yet to be made. The lorry driver, a 38 year-old Bristol man, was uninjured but shaken.

The road was closed eastbound at the Fishbourne roundabout and traffic was diverted at the A27 junction with the A259 at Worthington.

There was significant traffic congestion from the Hampshire border into West Sussex while the collision was being investigated. Drivers are thanked for their patience.

Police are appealing for witnesses to the incident. Ring Sussex Police on 101 quoting Operation Kirkcaldy.

Smell travelled from France

THE SMELL that drifted over Southern England this week posed no risk to public health. The odour, which is similar to rotten eggs, has been noticed by people in West Sussex and some parts of Kent and Surrey.

It is caused by a particularly smelly chemical that is added to odourless natural gas to give that its characteristic smell.

The chemical leaked from a factory in Rouen, France on Monday and has blown across the Channel overnight. It is not toxic and has also been diluted before entering the air over England, so people should be reassured it will cause no harm. It is an unpleasant odour which may cause some people to feel slightly nauseous but it will dispel naturally.

Felpham pub has licence revoked

A FELPHAM PUB had its licence revoked at an Arun District Council hearing this morning (Friday 16 January).

Arun District Council's licensing committee was told that there was evidence of drug activity, serving alcohol to children and related crime and disorder at The Old Barn.

The review of the licence was called for by Sussex Police and was held at Arun District Council's Civic Centre.

Chief Inspector Jane Derrick, District Commander of Arun, said: "My priority is the safety of people who live, work and visit Arun. Residents in the area around The Old Barn have put up with unacceptable behaviour linked to the pub for some time and as a result of the information police received today a result has been possible."

Jess Irving, Sussex Police Licensing and Public Safety Manager said: "We are very pleased that the Licensing Committee supported the police and residents who requested that the pub lost its licence and, with the further evidence from West Sussex Fire and Rescue Service, all expressed their concern about the way in which this premises has been run.

Any future application which may seek to re-open the premises will be closely scrutinised by the police, who will ensure that the residents will have the opportunity to voice their concerns and ask for reasonable amendments."

On Monday 24 December the Old Barn Pub was temporarily closed until the full hearing today, and will now remain closed.

A number of residents wrote to Arun District Council supporting the police action and also attended the meeting in person, despite the snowy conditions. At the meeting the residents spokesperson said: "The difference to our lives is huge in the very short time the pub has been closed. Suddenly it's a nice place to live."

Cllr Graham Tyler, Chairman of Arun's Licensing and Enforcement Committee, said: "This decision shows that this sort of behaviour in Arun will not be tolerated by the Licensing and Enforcement Committee. We take a view on Class A drugs and the serving of underage drinkers as extremely serious and we were guided by the evidence of the Police, who put a lot of work and resources into this case."

Anyone who would like to speak to police in confidence about local concerns can contact Sussex Police on 101, via www.sussex.police.uk or by speaking to your local officer. You can also contact the independent charity Crimestoppers anonymously on 0800 555 111.

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A winning team of young entrepreneurs

RISE [illegible]

DURING the Christmas and New Year break the selected panel of Judges at Young Enterprise considered the 6 Business Plans submitted by local schools for the Young Enterprise Business Plan Competition in 2013. By the tightest of margins the team from Bishop Luffa running a company by the name of RISE narrowly pipped APEX, a company set up by the team at Seaford College.

The winning team has won £50 from HSBC which will help to bolster the balance sheet as they roll out their product marketing programme over the Spring and Summer. Their's is a unique Night Rescue key ring with international sales potential.

They are hopeful of generating upto £2000 of sales and a profit of nearly £800. We wish them every success. Many of the students involved in this year's Young Enterprise competition will take with them a unique business management experience - the key to future opportunities and success in this time of significant challenge facing today's school leavers.

All 6 companies will present at the Spell Awards Ceremony to be held at Chichester College on Thursday May 2nd 2013.

Man to be deported after sentence for attacking two Polish men

A 44-YEAR OLD MAN has been sentenced to three-and-a-half years imprisonment for beating a father and son at a house in Bognor Regis.

Witold Olczyk, of Stanmore Gardens, Bognor Regis, was sentenced on 15 January after a five day trial at The Old Bailey Central Criminal Court.

The conviction - which includes his ultimate deportation - is as a result of Operation Accent, the Area initiative aimed at cutting crime and reducing vulnerability among the Eastern European community.

The assaults took place at a multi-occupancy house in Nyewood Lane on the 27 February last year.

The victims were a 45-year-old Polish male and his 20 year-old son who were living at the address, which, the court heard, was controlled by Olczyk.

At one point, Olczyk also controlled an address in Bassett Road, Bognor Regis, where it was also alleged he had previously assaulted another Polish man.

Oliver Dunkin, prosecuting counsel, said: "This is a culture you may find alien. Olczyk had control over these houses and the people in them. Sixteen people in a house - six people living in the dining room. There will be no disruption in the house otherwise a mole will call Olczyk and he will come and sort it out."

There was a scuffle at the house on the evening of 27 February between Polish residents and the court heard that Olczyk was summoned to the house by a woman at the premises.

When he arrived, he took the two victims to a living room and assaulted them both, punching them both and stamping on the leg of the older man. He sustained a fractured cheekbone and a broken metatarsal in his foot, which still impedes his mobility.

Speaking after the trial, Detective Inspector Tanya Jones, who heads the Operation Accent team, said: "It took these vulnerable victims four months to summon up the courage to come to the police.

"If anyone from this community has been a victim of this type of or similar offence but has concerns about coming forward and speaking to the police then we would like to reassure them that they will be treated with the utmost sensitivity and professionalism. This case shows that Sussex Police can and will deal effectively with this type of criminal activity that has occurred within the Polish community."

Operation Accent has a team of officers dedicated to liaising with the Eastern European Community. They are contactable via email on operation.accent@sussex.pnn.police.uk, Facebook on Operation Accent or by following the community Sergeant Rachel Glenton via twitter @sergeantglenton.

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School gets eco revamp with new wood-burning boiler

A NEW state-of-the-art biomass boiler running on nothing but wood pellets has been installed in a West Sussex school.

The eco-friendly machine, which is completely carbon neutral, was fitted in Eastergate Primary last month to help cut the cost of heating.

It was installed with help from the County Council after the school was gifted a £65,000 grant from EDF energy and the National Big Lottery Fund.

Headteacher Jude Holland said: "The new boiler is not just environmentally friendly but will also reduce the costs of heating by a third every year.

"Our students are extremely excited and have even set up their own eco-council to monitor how much energy we generate.

"Our existing oil-burner is almost at the end of its life so this was a great opportunity to take advantage of the funding on offer and install a state-of-the-art machine."

The boiler, which is entirely housed in a shipping container, only needs refuelling twice-a-year and unlike wood-burning fires only leaves small amounts of ash – which can be recycled on the compost heap.

The machine is the latest piece of hi-tech equipment to be installed at school, in Church Lane, which also fitted solar panels to its roof last summer.

It is also linked to the government's renewable heat initiative which hands cash back for every kilowatt of energy generated.

Peter Griffiths, County Council Cabinet Member for Education and Schools, said: "The new biomass boiler will considerably reduce the costs of heating the classrooms every year.

"The fuel is also cleaner for the atmosphere, helping cut Eastergate's carbon footprint.

"The school did not have to use their own funds thanks to the grant used, along with the financial gains, there are also many educational benefits."

Crew need help for finals

A CHILDREN'S street dance crew are looking for sponsorship to help them progress their talents to bigger audiences – including the UDO world championships this year. The South Coast Crew, made up of children from the Chichester area that are aged between nine and fifteen, and consists of eight girls and three boys, are based at Westgate Leisure.

Lee Sargeant, who runs the group, said: "They have been together now for 5-6 months and practise every week with me on a Saturday, and a couple of weeks ago they entered the UDO south coast street dance championships which was held in Portsmouth which was their first performance let alone competition, and out of 13 other crews/teams in their category the under 14s they came 2nd which now means that this year in August 2013 they have to travel to Glasgow, Scotland and compete in the UDO world championships against the best crews from England, USA, Asia, Germany and Africa."

Lee is seeking sponsorship for the group from any local companies or ones further afield. He said: "Advertisement of your names on our clothing and promotion of your business at performances we do can all be part of some agreement if anybody out there can help us in anyway.

Anything that would help to get these children the clothing and support they need to get there next year."

For any interested companies please contact Lee Sargeant on 07905626052 or email lsargeant@chichester.gov.uk

Winning design for Chichester High School for Girls student

A STUDENT from Chichester High School for Girls is celebrating having recently won a new Ergo laptop. Kimberley Willshire entered the Ergo Design and Win your own Laptop competition. Ergo is giving students the opportunity up until 30th Sept 2013 to design and win their own laptop every month. Those students that win are then put forward to win a prize for their school (16 laptops and a charging trolley).

Ergo is Chichester High School for Girls preferred supplier and partner of IT equipment and support. It plays a key role in helping the school to become a leading school in employing up to date technologies that benefit students, staff and parents.

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Popularity Stakes

Mia Edwards

FOR ALL of our school lives, the Popular Group either inspire or fascinate us. By that I mean that most people form a natural divide between wanting to be a part of it, or watching it in its home environment with interest like it's some kind of nature show.

Over the years, this group itself has changed. In year 7 it's the people who drink Red Bull and highlight their hair. By year 8 these people are just the dodgy ones, and the popular people are the group who are massively loud in class.

It's in year 9 that it gets interesting. Girls and boys start to do stuff. And with stuff comes drink and parties. By then the populars are just 'the wild ones' who have house parties and are creepily incestuous with who they get off with.

As you can tell, I don't necessarily think of them in a positive way. I more observe them and eavesdrop their conversations for my own personal amusement (the other day I overheard a chat about how one person at one of their parties had too sillitis, and her spit circulated around as everyone got off with everyone until they were all contaminated. It was a great science lesson).

The thing is, popular doesn't always mean what it sounds like, especially not in schools. Sometimes it even means the opposite. Just because people do crazy things, they form a sort of exclusive club that can actually be quite gross. They assume that everyone wants to be like them, and sometimes they're right. But – and this may be a shocker – not everyone wants to be that way.

Obviously, there are exceptions. Some of them are really genuine, and have loads of friends just because they're so lovely. The fact that they're considered cool AND are nice people basically makes them popular royalty. People flock from miles around just to look at them, kiss their feet and maybe get their BBM pin.

You'll be able to tell who is a fake popular by their response to this article. If they're feeling insulted, without realising it, they've immediately assumed that I'm talking about them. So they think of themselves as being popular. If you get what I mean – BOOM, I've caught you out.

So if you're one of them, then beware. You may be the main topic now, but soon someone will just get bored of the National Geographic channel and will pick up the remote.

Let us know what you think

@chiherald

Designer of delicious sandwich recipe knew 'It's Med to Be'

CHICHESTER College chef lecturer Presley Swensson has been named the Hellmann's Sandwich Champion after the public voted his sandwich – It's Med to Be – the best in the country.

Made of roasted mixed vegetables in a warmed homemade pitta bread pocket with Hellmann's Mayonnaise, Presley's delicious sandwich won the hearts of his students. After they voted it their favourite, it was taken through to the second stage of the competition and became one of the top 10 recipes for consumers to vote for. Hazel Paige, from Sweet and Savoury in Needham, and Ed Gordon, from Kue Ame in London, were named runners up for their Carlsberg Special Lava-Grilled Mahi Mahi Roll sandwiches respectively.

Presley said: "This is the first time I've entered this type of competition so I'm over the moon to have won. It's Med to Be is a firm favourite with our staff and students on campus but I never thought about getting through to the top 10 and eventually winning. The pasta grill prize will be a great asset to our cafe bistro – Options – which serves up delicious dishes for the public."

Leon Mills, category mix manager – dressings at Unilever Food Solutions, said: "All of our finalists created a unique and delicious sandwich, but Presley's had the edge giving his customers a taste of the Mediterranean. Not only did he showcase just how versatile the nation's favourite mayonnaise is when you think outside of the box, but also appealed to consumers' preference for quality."

Homing days this weekend

Great News! Rosetta, Kittens KM146-12 (Lyra's), KM129 and 134-12 & rabbit Arctic Roll have homes.

Cat and Rabbit Rescue Centre

SATURDAY 26th January is Cat Homing Day 12 noon to 2 p.m. when you can visit the Rescue Centre and see the cats and kittens and reserve your selection, pending a satisfactory pre-home visit which will normally occur within a couple of days. At this moment there are over a hundred kittens and cats under 2 years old waiting for their forever home.

The Rescue asks for a minimum donation of £45 for each cat or kitten which includes vaccination, microchipping, and neutering. Free vet insurance for 4 weeks is provided. A younger un-neutered kitten is £70 and a voucher for free neutering at The Rescue when the kitten is old enough is given.

Sunday 27th January is Rabbit Homing Day.

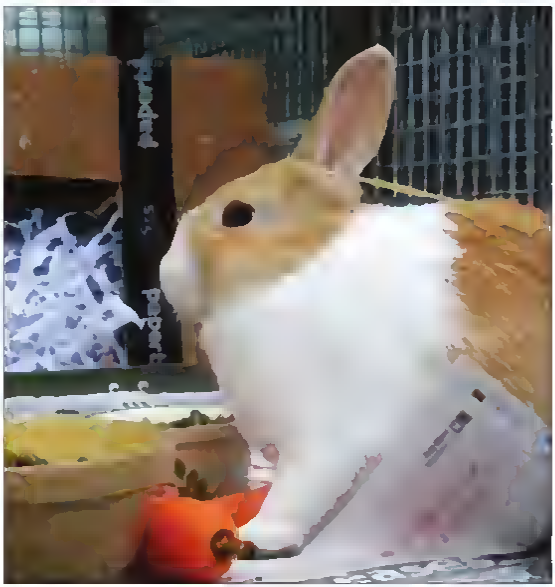
You can visit The Rescue every Sunday between 2 p.m. and 3.30 p.m. to view the 30+ rabbits and make your reservation, pending a satisfactory pre-home visit.

Rabbits are best kept in pairs, and the best combination is either a spayed female and neutered male, or two spayed females. Correct sex identification is a common problem (and can lead to lots of unwanted baby bunnies), but you can rely on The Rescue to do this correctly. Also, The Rescue has expertise to help bond a rescue rabbit to your single rabbit.

All rabbits will be vaccinated for myxomatosis and VHD and covered by Petplan insurance for up to 4 weeks. If the rabbit is neutered/spayed the minimum donation is £35, or if un-neutered you will be given a voucher for free neutering at The Rescue when the rabbit is old enough (usually costs much more!).

Visits to The Rescue are strictly by appointment except on Homing Days. Otherwise please phone 01243 641409 and a pre-home visit will be arranged and then you can make an appointment on any day of the week in the afternoon to come along and see the cats, rabbits or guinea pigs, make your selection and take it home.

Cat and Rabbit Rescue Centre, Holborow Lodge, Cholder Lane, Sidlesham, Chichester, PO20 7RJ. www.carre.co.uk



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Chichester Business

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Calling all designers! Help design a Guinea Pig Village!

THE ALDINGBOURNE TRUST and Spirit FM are launching a competition to build a model village for the guinea pigs at the Aldingbourne Country Centre. To get started some house designs are required, so there is an opportunity to get your creative hats on and draw a house that a guinea pig family would love to live in!

Base your ideas on a West Sussex landmark or key building in West Sussex.

Give the guinea pigs their very own Goodwood House or Chichester Cathedral to live in – let West Sussex inspire your designs, the ideas are endless

Your design does not have to be to scale, the exact measurements of the finished house will be 700mm wide, 650mm high and 500mm deep. It would be great if you could supply a top view, front view and side view and your thoughts on the building materials and colours. The winners will see their designs transformed into working building plans by Liz Galloway and her team from Caldecott Ltd – an architectural design company based in East Preston, and then made into model buildings for the brand new Guinea Pig Village.

The guinea pigs will move into their new homes on Saturday 30th March 2013 at the Aldingbourne Trust's Family Open Day at the Aldingbourne Country Centre, so this is your opportunity to get involved with The Aldingbourne Trust by designing a fun home for the guinea pigs. If your design is chosen you will also be invited as a special V.I.P guest to the official opening of the Guinea Pig Village at the Open Day on Saturday 30th March 2013.

To enter either post your entry in to Guinea Pig Village, Spirit FM, 9-10 Dukes Court, Bognor Road, Chichester, West Sussex, PO19 8FX, drop-in to the radio station or email your design to hello@spiritfm.net with the subject "Guinea Pig Village".

Each entrant can submit a maximum of three designs and please make sure you include your name, age, address and phone number with your entry. Unfortunately designs cannot be returned and the closing date for all designs is Sunday 10th February. The entries will be judged by members of Spirit FM, Aldingbourne Trust and Caldatec Ltd, and the winners will be notified on Tuesday 12th February 2013. For further information visit the Spirit FM website www.spiritfm.net/guinea-pig-village.php

Oceanair sponsored 49er sailors James Peters and Ed Fitzgerald set their sights on a successful 2013

JAMES Peters and Ed Fitzgerald, supported by Selsey-based marine blind and shading company Oceanair, are two young sailors in the RYA Skandia Olympic Development Squad in the demanding 49er class. Both local home-grown sailors from the waters of Chichester harbour, the pair already have their sights set on securing a place representing Team GB in the 2016 Olympics in Rio.

2012 was a successful year in bringing their Olympic goal a few steps closer, after a summer training and competing across Europe. Their season culminated at the 49er European Championships, where the Under 23 Youth World Championship title was also up for grabs. After a very close and exciting week of sailing, the pair were crowned Under 23 World Champions and 49er European Bronze medallists.

However, the team acknowledges that none of this would have been possible without the support from their sponsors Oceanair, marine blind and shading experts, has supported the boys since 2009 and the whole team at Oceanair is proud to see the boys doing so well this season. James and Ed are also supported by BMW

Chandlers Warthing, who have provided them with a Mini Countryman Dalla, ensuring they can ferry their boat and associated kit far and wide as they travel around the UK and Europe.

Looking ahead to the 2013 season, the boys plan to fit in as much competitive sailing and training in and around their University studies. The main aim for the season is to come top 10 at the 49er World Championships in September 2013. Oceanair will be continuing their sponsorship throughout 2013 and look forward to following their progress and results in the year ahead.

Tuesdays and Thursdays

Over 50's fun club

CHICHESTER 25 years Westgate Leisure
Provided by Chichester District Council
Celebrating 25 years 1987-2012

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Come along to exercise and make new friends, many activities to choose from:

Sports hall and squash courts
Activities include: Badminton, Bowls*, Short tennis*, Table tennis and Racketball*

Tuesday 20/20/20 class
20 minutes aerobics, 20 minutes step and 20 minutes of toning all rolled into one class to give you the best all over workout

Thursday Aerobics
The class is aerobic based with some conditioning work included

(*these activities take place on a Thursday only)

Gym
Instruction is available on all pieces of equipment (an induction is required beforehand)

Swimming
You can also enjoy a swim as part of this session. (Swimming takes place during a public session)

There is a coach available on Thursdays to give tips and hints if required

These sessions are very welcoming so come along and give us a try

For more information contact:
Westgate Leisure Chichester, Via Ravenna, Chichester, West Sussex PO19 1RJ
01243 775651 or visit our website www.westgateleisure.co.uk

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Chichester Business

Sussex Writers by the Sea

AFTER the success of her first Writers Retreat in August, 2011 Katy Lassetter of Chichester Copywriter has decided to invite some of Sussex's finest professional writers and published authors once again in order to motivate prospective wordsmiths to put their pens to paper.

On 6th-7th April 2013, Chichester Copywriter's second Writers' Retreat will be held at Colmer Activities Centre. This is a beautiful setting in Chichester Harbour which has already inspired the organiser, who is passionate about creative writing as well as copywriting and digital marketing, to start writing her first novel.

Whether they opt for daily or weekend tickets, want-to-be writers will be offered a full programme of creative writing workshops and talks run by authors of a range of genres, from children's books to non fiction. For example, Penelope Bush will use her experience as a successful writer of three Young Adult novels (Alice in Time, 2010, Diary of a Lottery Winner's Daughter, 2011, Me, Myself, Milly, 2013 - all published by Piccadilly Press) to help writers to find ideas for plots, provide tips on how writers can find their own voice and that of their characters, and show - through a series of exercises - how to make characters come alive.

Other published authors giving workshops and talks include Cathy Watts (Goodbye to the Beach Huts, Pomegranate Press, 2008, Hello Again Sandies!, Pomegranate Press, 2009, Watch Out for the Sea Bee, Pomegranate Press, 2011, The Woodies by the Ponds, Pomegranate Press, 2012), award-winning poet Denise Bennett (Planting the Snow Queen, Oversteps Books, 2011) and award winning complementary therapist, tutor and author Mary Atkinson (The Art of Indian Head Massage, Carlton Books, 2000, 2011, Personal Trainer Hand and Foot Massage, Carlton Books, 2002, 2010, A Practical Guide to Self-Massage, Cico Books, 2005, Healing Touch for Children, Gaia, 2009).

Courtesy of West-Sussex based marketing professionals, such as Chichester Copywriter's own Katy Lassetter and Rachel Scothill of BrightWord Communications, attendees will also get the opportunity to learn how to connect with fellow writers via social media and will discover how to build awareness of their writing projects, books and author profiles through marketing and PR.

As well as interactive sessions and creative exercises, those attending the weekend will get the opportunity to explore the local surroundings, where the countryside meets the coast. In fact, the first workshop on Saturday, with children's author Cathy Watts, is called Getting Inspired to Write: Looking Outside and includes a walk around Cobnor Point. This area is rich with wildlife and offers views across to the Solent.

The inaugural Writers' Retreat in 2011 received acclaim from the guests who attended the weekend to become inspired one even venturing from Russells - as well as those local authors who ran workshops: Isobel Ashdown (Grasshopper, Myriad Editions, 2009, Hurry Up and Wait, Myriad Editions, 2011), who ran a characterisation workshop at the event said:

"I had the pleasure of working with Katy at the first Chichester Copywriter's Retreat in 2011, where I was running a creative writing workshop for her group. Katy has a great passion for her chosen area of work, which was evident throughout the weekend retreat, where she provided her guests with a professional, creative, informative experience, in a wonderful setting. Highly recommended!"

Tickets are £80 per day or £150 for both Saturday and Sunday but there is a discount for those booking before the 15th February, 2013. Please contact Katy Lassetter on 01243 533421 or email Katy@ChichesterCopywriter.co.uk for the full programme, further information or to book your place.

Climb or walk

» ***Chichester Herald*** is a free weekly newspaper available for self-selected pick-up across the city of Chichester in a wide variety of locations with a weekly readership of up to 75,000.

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Providing a combination of both local and national news, Chichester Herald is a well designed and easy to read publication appealing to a vast range of individuals throughout the city.

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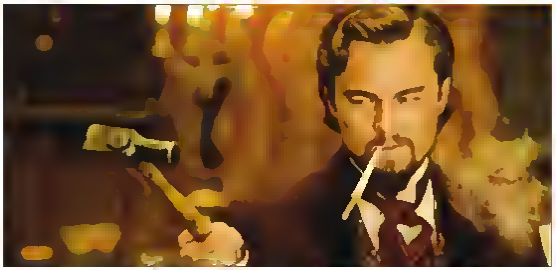
cineworld

Django Unchained (18)

FOUR out of Five stars

Running time: 165 mins
Director: Quentin Tarantino
Starring: Jamie Foxx, Christoph Waltz, Leonardo DiCaprio, Samuel L. Jackson, Kerry Washington, Don Johnson, Dennis Christopher, Walton Goggins, Laura Cayouette, Jonah Hill, Tom Wopat, Franco Nero

Django Unchained combines terrific characters, great performances, thrilling violence, twisted humour and Tarantino's trademarked delicious dialogue along with a typically brilliant soundtrack, but it's also a good forty minutes too long and drags considerably in the middle section



What's it all about?
Written and directed by Quentin Tarantino Django Unchained is inspired by both the Django spaghetti western series starring Franco Nero (who, at 71, contributes an inspired cameo here) and Richard Fleischer's 1975 exploitation flick Mandingo, about a slave trained to fight other slaves. Set in 1858, the film stars Christoph Waltz as German bounty hunter Dr King Schultz, who frees a slave named Django (Jamie Foxx) in return for his help in tracking down three outlaw brothers.

Along the way, Django proves to have something of a knack for bounty hunting, so he trains under Schultz and the pair become both friends and partners. And when Django learns that his wife Broomhilda (Kerry Washington) is a slave on a plantation belonging to sadistic owner Calvin Candie (Leonardo DiCaprio), he and Schultz set out to rescue her, posing as fight experts interested in Candie's Mandingo ring.

The Good
As with Inglourious Basterds, Waltz's Germanic delivery and measured manner prove the perfect fit for Tarantino's delicious dialogue and he turns in a terrific performance that is a joy to watch. Foxx is equally good as Django, underplaying it to impressive effect for the majority of the film and striking unexpectedly strong chemistry with Waltz onto the bargain. There's also strong support from DiCaprio, who's clearly enjoying himself as Candie, while Samuel L. Jackson steals the entire film with a brilliantly conceived turn as Candie's Uncle Tom like butler Stephen and there are enjoyable appearances from the likes of Don Johnson (as slave owner Big Daddy) and Tom Wopat (as a Marshall embussed by Schultz's attention grabbing arrival in his one-horse town).

The script crackles with great lines and is packed full of surprises, with moments that will have you both laughing out loud and gasping in shock, often simultaneously. Similarly, as befits the Spaghetti Western pastiche, the violence is deliciously and thrillingly over-the-top with each gunfight involving explosively gloopy splatterings of blood as well as some impressive feats of sharpshooting.

The Bad
The main problem with the film is that, at an arse-numbing 165 minutes, it's a good 40 minutes too long and drags considerably in the middle section. In addition, Kerry Washington's part is badly underwritten, so there's no chemistry at all between her and Foxx, while Tarantino's tiny homage to Australian mining company employee, no less) is incredibly jarring and seriously undermines the final act.

Worth seeing?
A small handful of flaws aside, Django Unchained is a stylishly directed, superbly written and brilliantly acted spaghetti western pastiche that delivers shocks, laughs and thrills in equal measure. Great soundtrack, too, obviously. Highly recommended.

Sky Diary – February 2013
By Peter Littlejohns

Low in the south-west shortly after sun-set from the 10th to east is the best time to spot Mercury. It is the nearest planet to the Sun and whizzes around like a conker on a string, completing an orbit ("year") in only 88 days. It rotates on its axis very slowly but, because of the speed of the orbit, if you were standing on the surface a day would seem like 176 Earth days. This makes a "day" on Mercury longer than a year! Because of this slow rotation the temperature difference between night and day can be more than 500 degrees.

In mythology Great footed Mercury was a messenger to the Gods, and a Messenger space probe is currently orbiting this heavily cratered little planet and sending back loads of data.

If you happen to have a good view of the south-west horizon, Mars is just below Mercury and the new Moon is just above on the 11th.

Jupiter, although drawing slowly away from us now, is still outshining the night sky in the south and very close to the Moon on the 16th.

Magnificent Saturn is now rising soon after mid-night and tilting its rings obliquely towards us by nearly 20 degrees. The largest of its 65 satellites is the cloud covered Titan which is actually bigger than Mercury.

The Meteor shower this month has a broad maximum from the 6th to the 10th which will hopefully produce about 10 shooting stars an hour from a radiant point high in the W S W in the constellation of Auriga.

Friday 01	7.30pm	Stars on Frosty Winter Nights
Sunday 03	3.30pm	The Northern Lights
Sunday 17	3.30pm	The Northern Lights
Monday 18	3.30pm	Stars on Frosty Winter Nights
Tuesday 19	1.30pm	All Aboard! – A Tour of the Planets
Tuesday 19	3.30pm	All Aboard! – A Tour of the Planets
Wednesday 20	3.30pm	Stars on Frosty Winter Nights
Thursday 21	3.30pm	Hubble's Glorious Universe
Friday 22	7.30pm	Seven Wonders of the Solar System
Sunday 24	3.30pm	The Moon: Our Nearest Neighbour

Tickets: Adults £6.00, Children £4.00. Tickets are available to callers at the Tourist Information Centre, South Street, Chichester. Alternatively, please phone 01243 774400 or ticket hotline 07816 297292 to reserve your tickets. Payment by cash or cheque only on the day. A map showing our location can be found at: www.southdowns.org.uk

DJANGO UNCHAINED COMPETITION

WIN 2 TICKETS!

For a chance to win 2 tickets, answer the following question

Q. JAMIE FOXX WON AN OSCAR FOR HIS PERFORMANCE AS?

A. RAY CHARLES

B. JAMES BROWN

C. STEVIE WONDER

Send your answer, and include your full name, address and a contact phone number to **competition@chichesterherald.co.uk**. One lucky winner will be selected at random. Closing time is Tuesday 29th Jan 2013 at midday. The winner will be notified later on that day.

• Last weeks winner is Carly Halford from Chichester

Chichester Herald competition terms and conditions apply

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Make a sprint for St Wilfrid's Hospice's remaining charity marathon places

RUNNERS are being urged to get on their marks and grab the last charity marathon places being offered by St Wilfrid's Hospice's Fundraising Department.

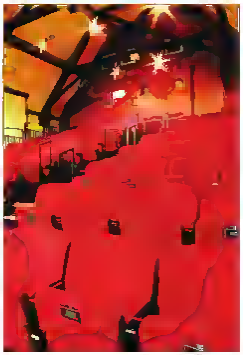
We have one charity place left for the Brighton Marathon on April 14th and one charity place left for the London Marathon on 21st April.

The places are being offered on a first come, first served basis and to established runners only, because of the short timescale. We need to hear from people as soon as possible if they would like either of the places.

Registration for the Brighton Marathon is £25 (with a fundraising target of £500) and for the London Marathon £35 (with a fundraising target of £2,000)

The Hospice's Fundraising office can provide support, fundraising advice, goodie bags, running vests and invitations to our Marathon Meet (a runners' information morning) and a Pasta Party where they can meet our other marathon runners and swap tips and advice.

For more information contact Community and Events Officer, Julie Longmen by emailing fundraising@stwh co uk or calling 01243 755151



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Mon 28 Jan
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14.15 What Richard Did
16.00 Alps
18.00 Outside Satan (15) 110m
20.30 Gangster Squad

Tue 29 Jan
13.00 Gangster Squad
15.45 Quartet
18.00 What Richard Did
20.00 Aurora (15) 101m

Wed 30 Jan
12.30 Aurora
15.45 Outside Satan
18.15 Quartet
20.30 Gangster Squad

Thu 31 Jan
13.15 Quartet (extra screening)
15.45 Quartet
18.00 Gangster Squad
21.00 What Richard Did

Fri 25 Jan
13.30 Quartet
15.45 What Richard Did 87m
18.00 Gangster Squad (15)
21.00 Alps (15) 93m

Sat 26 Jan
13.15 Quartet
15.30 Gangster Squad
18.30 Happy Happy (15) 85m
20.30 Gangster Squad

Sun 27 Jan
13.00 Happy Happy
15.00 La Bayadère (LIVE Bolshoi Ballet)
200m (2 Intervals)
19.00 La Bayadère (Encore Performance)

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npower

SATURDAY'S TV 26.01.13

Listings supplied by Press Association

CHOICE

Devid James Elliott

Impact
Channel 5, 6.20pm
If you like movies such as Independence Day Armageddon and Deep Impact, then this offering made for a fraction of their budgets should also appeal. The partial threat is a rogue asteroid hidden in a meteor shower which hits the moon. Before you can say: "It s the end of the world as we know it!" the satellite is on a collision course with billions of screaming folks. David James Elliott, Natasha Henstridge, Benjamin Sadler and James Cromwell play the protagonists trying to find a way to survive before Earth is turned into rubble.

BBC1

6.00 Breakfast. **9.00** Saturday Kitchen Live. **11.30** The Good Cook. (R) **12.00** BBC News Regional News. Weather. **12.10** Football Focus. **1.00** Rugby: Wales Grand Slam 2012. **1.30** Live Athletics: UK International Match. **4.30** Final Score. **5.15** BBC News, Regional News. Weather. **5.00** Animal Antics.

6.00 Richard Hammond's Secret Service A woman's home is ransacked by graffiti.

6.40 Britain's Brightest Clare Balding hosts the game show in which six contestants aim to prove they have the ability power to claim the ultimate prize of £50,000.

8.00 The National Lottery: In It to Win It. Dale Winton presents the quiz in which five contestants put their wits to scoop a big cash prize behind the National Lottery draws with DJ Bing.

8.50 Casualty It is the day of Yvonne's funeral and Jordan is shocked to receive a message asking him to visit the teenager accused of her attack, while her real assailant ends up in the ED.

9.40 Mrs Brown's Boys Agnes resorts to the internet to find a date for Valentine's Day. (R)

10.10 BBC News. Weather.

10.30 Film: Meet the Parents. (2000) A male nurse makes a disastrous bid to impress his girlfriend's father – a former CIA agent who does not suffer fools gladly. Comedy starring Robert De Niro and Ben Stiller. National Lottery Update.

12.15 Film: Hunter (1980) 1.45 Weatherview. **1.50** BBC News.

BBC2

6.00 Film: The Black Rider. (1954) **7.05 Film: The Mouse That Roared.** (1959) **8.25** Live Tennis: Australian Open. **11.30** Mojo Man (R) **12.00** Indian Food Made Easy (R) **12.30** EastEnders. (R) **2.25** Live Athletics. **4.20** Jaguars In Free Natural World Special. (R) **5.20** Only In (R)

6.00 The Great Comic Relief Bake Off. Famous faces enter the Great British Bake Off tent. (R)

7.00 The Great Comic Relief Bake Off. Warwick Davis, Duncan Bannatyne, Simon Reeve and Andy Awesome enter the tent, with one of the contestants making the smallest cake ever seen on Bake Off. (R)

8.00 Dad's Army. The platoon takes an efficiency test in a bid to prove its worth but mistakenly attacks a fete busy with events. Arthur Lowe's van Clapsic comedy guest starring Frank Mackay. (R)

8.30 Natural World: Kangaroo Dundrin Part one of two. Documentary about a man living in the Outback who shares his one room tin shack with baby kangaroos he has nursed back to health.

9.30 Howard Goodall s Story of Music New series. The composer examines the history and development of music, beginning by looking back at the first faltering steps humanity took toward creating it.

10.60 DI XL. With Sarah Millican, Jimmy Carr and Johnny Vegas. (R)

11.15 Film: Hard Ride (1998) Action adventure starring Christian Slater.

12.80 Bowls. 1.45 Close.

ITV

6.00 CITV: Handy Manny. **8.10** Handy Manny. **8.25** The Hive. (R) **8.35** The Hive. (R) **8.40** Dino Dan. (R) **8.55** Dino Dan. (R) **7.05** Almost Naked Animals. (R) **7.15** Almost Naked Animals. (R) **7.20** Almost Naked Animals. (R) **7.40** Matt Hatter Chronicles. (R) **8.05** Ultimate Spider-Man. **8.30** Victorious. (R) **9.00** Jessie. **8.25** ITV News. **9.30** The Jeremy Kyle Show. **10.25** The Jeremy Kyle Show. **11.20** ITV News, Weather. **11.25** All Star Family Fortunes. (R) **12.10** Live FA Cup Football. **3.00** Dinner Date. (R) **4.00** The Nation's Favourite ITV Song. (R) **5.30** Regional Programme. Weather. **6.40** ITV News. Weather.

6.00 New Year vs Xmas Framed! Top 100 Holidays Comedian Harry Hill narrates a countdown of 100 vacation-themed camcorder calamities and viewer-submitted movie phone clips.

7.00 Splash! Omid Djalili. Jake Canuso, Eddie "The Eagle" Edwards, Charlotte Jackson and the two celebrities with progressed from host Phebe Iwella-Burton to team. Final of the diving contest.

8.30 Take Me Out A basketball player, a gym owner, a music journalist and a product designer enter the love life in the hope of impressing 30 single women. Paddy McGuinness presents the dating show.

9.45 The Jonathan Ross Show With Joels Holland, Alicia Keys, Adam Hills and Alice Levine.

10.45 ITV News. Weather.

11.00 FA Cup Football Highlights...

12.30 The Store. 2.30 In Plain Sight. (R) **3.15** ITV Nightscreen.

CHANNEL 4

6.10 The Hoobs. (R) **6.35** The Hoobs. (R) **7.00** Beach Volleyball. **8.00** The Morning Line. **9.00** Everybody Loves Raymond. (R) **9.30** Everybody Loves Raymond. (R) **10.00** Frasier. (R) **10.30** Frasier. (R) **11.00** Undercover Boss: Australia. (R) **12.00** The Big Bang Theory. (R) **12.30** The Big Bang Theory. (R) **12.55** The Simpsons. (R) **1.30** Channel 4 Racing. **4.00** Come Dine with Me. (R) **4.30** Come Dine with Me. (R) **5.00** Come Dine with Me. (R)

6.00 Channel 4 News.

6.35 Utopia Tv: Will some people die owing the role of the godparent has been devalued in modern Britain, a member of the public talks about its relevance, as a more-ugly socialite society [illegible]

8.00 Film: Mrs Doubtfire (1993) A divorced actor disguises himself as an aging female Scottish housekeeper to get a job looking after his seven children. Comedy with Robin Williams, Sally Field and Pierce Brosnan.

9.00 World Without End. Gerwyn is entranced when Mother Cecilia rejects his plans to build a palace on the convent estate and issues an edict giving the Priory painful over all town land.

11.00 Film: The Hurt Locker (2007) An American bomb disposal team in Iraq is assigned a new leader whose reckless attitude puts all their lives at risk. Kathryn Bigelow's drama with Jeremy Renner and Anthony Mackie.

12.40 Film: Cyrus (2010) **2.15** Hollyoaks. **4.20** Smallville. (R) **5.00** Countdown. (R) **5.45** Making Maid with Erle Lanland. (R)

CHANNEL 5

6.00 Milkshake! **10.00** Power Rangers: Samurai. (R) **10.35** Batman: The Brave and the Bold. **11.10** Operation Ouch! Brother Final. (R) **1.10 Film: Patricia Cornwell's Al Mask** (2010) Mystery starring Andie MacDowell. **2.50** Everything She Ever Wanted.

6.15 5 News Weekend.

6.20 Impact. An asteroid strikes the moon, knocking it out of its orbit and setting it on a collision course with Earth. Disaster drama starring David James Elliott. (R)

9.45 Film: The Matrix. (1999) A computer hacker joins small fighters to free the human race from a virtual-reality fantasy created by machines. Sci-fi action thriller with Keanu Reeves and Laurence Fishburne.

12.30 SuperCasino. Viewers get the chance to take part in live interactive gaming with a mix of roulette-wheel spins and lively chat from the present ng team. **4.00** Michaela's Wild Challenge. Michaela Strachan meets deadly reptiles. Ellie Harrison attends a dinner party in the desert complete with chameleon guests, and Jamie Crawford joins a pod of dolphins. (R) **4.25** Great Artists: Tim Marlow examines the work of Dutch artist Jan Vermeer, who was renowned for his depictions of people dressed in fashions of the 17th century. (R) **4.50** Comity Secrets: Historical spotlight on scenic counties in the UK, focusing on hidden crimshaws and little known facts about each location. (R) **5.00** Hana's Helpline. Hana offers advice to Emma. (R) **5.15** The Milkshake! Show. A curious parcel arrives at the house. (R) **5.35** Thomas & Friends. Thomas takes holiday makers on a trip. (R) **5.50** Rainy The Racing Car. (R)

DIGITAL

BBC Three
7.00 Merlin. **7.45** Doctor Who. **8.35** Film: Pirates of the Caribbean: The Curse of the Black Pearl (2003) **10.40** Family Guy. **11.30** American Dad!

BBC Four
7.00 Lost Land of the Volcano. **8.00** The Treasures of Ancient Rome. **9.00** Bergen. **11.00** The Old Grey Whistle Test: 70s Gold.

ITV2
9.40 Film: Robots (2005) **1.25** Film: Back to the Future (1985) **3.40** Take Me Out – The Geesty. **11.30** Fake Reaction. **11.10** Film: The Fugitive (1993)

ITV3
4.05 Agatha Christie's Marple. **6.00** Doc Martin. **7.00** Midsomer Murders. **11.00** Film: In the Name of the Father (1993)

ITV4
2.25 Film: All Quiet on the Western Front (1979) **5.30** Live Africa Cup of Nations: Algeria v Togo (Kick-off 6.00pm) **7.30** Moominhy. **9.30** Film: Escape from New York (1981) **11.35 Film:** American History X (1998)

E4
3.35 Rules of Engagement. **5.00** The Big Bang Theory. **6.00** Hungry Beat. **7.00** Friends. **9.00** Hollyoaks. **10.00** Mad Men. **11.00** Mother. **12.00** Broke Girls. **9.00** Film: Orlando Taylor (2009) **11.00** The Big Bang Theory.

Film4
3.20 Arthur's Hallowed Ground (1986) Comedy drama starring Jimmy Jewel. **4.50** Journey to the Center of the Earth (2008) Fantasy adventure starring Brendan Fraser. **6.40** The Land of Gis (1997) Want me drama starring Anna Friel. **8.50** Green Zone Interview Special. **9.00** Green Zone (2010) Paul Greengrass thriller starring Matt Damon. **11.10** White Noise (2004)

SUNDAY'S TV 27.01.13

CHOICE

Mark Jenkins

The Hotel
Channel 4, 8pm
Admitedly it can t be easy running a hotel having the ability to keep everybody happy all the time and doing it through those stubbornly gritted teeth with a pseudo-friendly grin plastered across your face. But if Basil Fawlty can do it Mark Jenkins is going to make damn sure he can. But he wants to go over and above running a hotel with a so-so reputation that simply ticks over – he wants to broaden The Grosvenor's horizons and attract new guests. Mark ventures into new territory as he plans an Indian night – complete with singing, dancing and lavish feast.

BBC1

6.00 Breakfast. **9.00** The Andrew Marr Show. **10.00** The Big Questions. **11.00** Sunday Politics. Weather for the Week Ahead. **12.25** Countryfile. (R) **1.25** Call the Midwife. (R) **2.25** Escape to the Country. (R) **3.25** Chatsworth. (R) **4.25** Strage of Frater. **5.00** Africa. (R)

5.45 BBC News. Regional News. Weather.

6.30 Blandings. Clarence needs someone to keep his niece Gertrude company while Freddie has married a Pekingnese girl – now will he has to do to conceal the fact from Connie.

7.00 Countryfile. A visit to south Wales, finding out what is being done to rejuvenate the sand dunes in the area, and hearing about a most German escape from a bridgend prisoner-of-war camp in 1944, including. Weather for the Week Ahead.

8.45 Call the Midwife The unexplained death of a newborn baby delivered by Cynthia puts the midwife under intense scrutiny a chance encounter returns Jimmy to Jenny's life and Chummy pursues a dream.

9.00 Ripper Street. Rae and his team investigate a string of well-executed robberies, bringing Drake into conflict with his former army colleagues.

10.00 BBC News. Regional News. Weather.

10.25 Prisoner Number A25188, Henio Bryce. A Jewish woman who survived four Nazi concentration camps.

11.45 Room 101 – Extra Storage

11.45 The Celebrity Apprentice USA

1.10 Weatherview. **1.15** BBC News.

BBC2

6.00 Close. **7.00** Life in a Cottage Garden with Carol Klein. (R) **7.30** A to Z of TV Gardening. **8.15** Live Tennis: Australian Open. **12.00** Coast. (R) **1.00 Film: Cowboy** (1958) **2.30** Live News. **5.15** Ski Sunday.

6.00 Fring It! Paul Merton is joined by Charlie Ross and Mark Stacey in value items in Monmouth, south-east Wales, including a selection of Baker books and a pocket globe. (R)

8.30 Qi XL: Earth s Extraordinary Journey. Kate Humble and Dr Helen Czerski follow the Earth s trip around the sun from January to the March equinox. (R)

1.30 Open All Hours Pilot ep sode of Roy Clarke's comedy about miserly shopkeeper Arkwright and his put-upon nephew Granville. Starring Ronnie Barker and David Jason. (R)

8.00 Top Boy. New series. The motioning magazine returns. Jeremy Clarkson builds a small car and pitches the concept in the Dragons' Den and Damian Lewis is the Star ma Reasonably Priced Car.

9.00 Wonders of Life. New series Professor Brian Cox travels around the world to investigate whether the emergence of life was an inevitable consequence of the physical laws that govern the universe.

10.00 Racing Legends: Colin McRae

11.00 Fleetwood Mac – Don t Stop A profile of the rock band.

12.00 Film: Intermission. (2003) 1.45 Sign Zone. Hailey City. (R) 2.40 Close.

ITV

6.00 CITV: Handy Manny. **8.10** Handy Manny. **8.25** The Hive. (R) **8.35** The Hive. (R) **8.40** Dino Dan. (R) **8.55** Dino Dan. (R) **9.05** Almost Naked Animals. (R) **9.15** Almost Naked Animals. (R) **9.20** Almost Naked Animals. (R) **9.40** Matt Hatter Chronicles. (R) **10.05** Rated A for Awesome. **8.15** Rated A for Awesome. **8.30** Big Time Rush. **9.00** The Agnahsis Sniper Show. **9.25** House Gnesh in the Snn. (R) **10.20** Sonny's Makeover. (R) **11.20** May the Best House Win. Vive la France. (R) **12.20** ITV News. Weather. **12.30** Glannon's Real Deal. (R) **1.30** Rosemary & Thyme. (R) **2.35** Minder. She Wrote. (R) **2.25** Regional Programme. Weather. **3.30** Live FA Cup Football.

5.05 ITV News. Weather.

6.10 Dancing on Ice. The nine remaining stars compete in a school dance themed show.

7.45 All Star Family Fortunes Actress Sheree Murphy and Tewkesbar James Argent take part.

8.30 Dancing on Ice, The Skate Off. The contestants who landed in the bottom two earlier tonight perform new routines as they battle for a place in next weeks show. Phil Schofield and Christopher Dean present.

9.00 Mr Selfridge Prime ballerina Anna Pavlova agrees to visit Selfridges, but Agnes is just looks to be under threat when a violent Reg reaches breaking point and approaches the event.

10.00 ITV News at Ten. Weather.

10.20 FA Cup Football Highlights

11.20 Anglo Welsh Cup Rugby Union

12.15 Grimefighters. (R) **12.40** The Store. **2.40** Monk. (R) **3.30** ITV Nightscreen.

CHANNEL 4

6.10 The Hoobs. (R) **6.35** The Hoobs. (R) **7.05** Will It Grow. (R) **7.30** Everybody Loves Raymond. (R) **7.55** Everybody Loves Raymond. (R) **8.25** Frasier. (R) **8.55** Frasier. (R) **9.30** Sunday Brunch. **12.00** The Big Bang Theory. (R) **12.30** The Big Bang Theory. (R) **1.00** The Simpsons. (R) **1.30** The Simpsons. (R) **2.00** Film: Anne (1952) **4.25** Time Team. **5.30** Deal or No Deal.

6.25 Channel 4 News.

8.55 48hrnight.tv Members of the public talk about the role of godparents.

1.00 Come Dine with Me. A week of dinner parties in Barnsley, South Yorkshire, featuring an American themed evening, a Wild West style bash and unusual delicacies including ostrich egg and pig's ears.

9.00 The Hotel. The Grosvenor hosts an Indian themed night, featuring dancing, mingling and a lavish feast – which falls well below the expectations of one millionaire guest.

9.00 Film: The Fighter (2010) Premiere. Fact-based drama following boxer Micky Ward's rise to world championship fame with the aid of his drug-addicted brother. Starring Mark Wahlberg and Christian Bale.

11.20 Film: The Film (1963) After the murder of two of his colleagues, a spy graduate discovers the company that has hello hidden him is controlled by the Mafia. Thriller, starring Tom Cruise and Gene Hackman.

2.00 Honeymoon. (R) **2.40** St Elsewhere. (R) **3.25** Smallville. (R) **4.15** Deal or No Deal. (R) **5.00** Countdown. (R) **5.45** Baking Mad with Erle Lanland. (R)

CHANNEL 5

6.00 Milkshake! Peppa Pig. **6.30** Rainy the Racing Car. (R) **6.15** Fifi and the Flowertots. (R) **6.25** Bert and Ernie's Great Adventures. (R) **6.30** The Mr Men Show. (R) **6.45** Olive the Ostrich. (R) **6.50** Arthur's Flying Fairy School. (R) **1.00** Rockhard and Custard Ten. (R) **1.05** Bananas in Pyjamas. (R) **1.00** Animal Antics. (R) **7.25** Make Way for Noddy. (R) **7.40** City of Friends. (R) **1.50** Mio Mao. (R) **8.00** Little Princess. (R) **8.10** The Adventures of Bottle Top. **8.30** Ned Hs Rest Friend Corky. (R) **8.25** Angelina Ballerina. (R) **8.45** Angel Bear. (R) **9.00** Ben and Holly's Little Kingdom. (R) **9.15** Peppa Pig. Travelling Circus. (R) **9.25** Rainy the Racing Car. (R) **9.40** Jelly Jamm. **10.00** Power Rangers Samurai. (R) **10.35** Batman: The Brave and the Bold. **11.10** Monkey Life. (R) **11.40** Once Upon a Time. (R) **12.40 Film:** Teen Wolf (1985) **2.30 Film:** See Spot Run (2001) **4.20 Film:** The Pinnacle Rule (1967)

9.10 5 News Weekend.

9.18 Film: Spider-Man 3. (2007) Superhero sequel with Tobey Maguire, Kirsten Dunst and James Franco.

6.00 Power of Interest. Reese recovers from riding shot.

12.00 Film: My Best Friend's Girl (2008) Premiere. Romantic comedy starring Dane Cook, Jason Biggs, Kate Hudson and Alex Pettyfer.

11.55 Bollocked Up Dailies. Part two of two. A woman left with 10lbs of excess skin after losing 15st. (R)

12.55 SuperCasino. **4.00** Michaela's Wild Challenge. (R) **4.25** Great Artists. (R) **4.50** Comity Secrets. (R) **5.05** Hana's Helpline. (R) **5.15** The Milkshake! Show. (R) **5.40** Thomas & Friends. (R) **5.50** Rainy the Racing Car. (R)

DIGITAL

BBC Three
1.00 Don't Tell the Bride – Best Ever. **8.00** Film: Cool Runnings (1993) **9.30** We're Charlest Fools. **10.00** Crazy Ice Party Drugs. **11.00** Family Guy. **11.30** American Dad!

BBC Four
7.00 Timeshift: Office and Men. **8.00** Holocaust: A Musle Memorial Film from Auschwitz. **9.30** Mark Knopfler: A Life in Songs. **10.30** Film: Love Like Poison (2010) **11.50** Arena: Dave Brubeck: In His Own Sweet Way.

ITV2
4.00 Film: Tiny Story (1995) **5.50** Film: Back to the Future Part II (1989) **8.00** The Last of Mrs ye Rent Framed. **9.00** The Magaluf Weekender. **10.00** Film: Wanted (2008)

ITV3
3.45 Lewis. **5.40** Murder She Wrote. **6.45** Agatha Christie's Poirot. **9.00** The Best of the Royal Variety. **10.00** Film: The Graduate (1967)

ITV4
1.56 Film: Captain Newman MD (1963) **4.00** Live Africa Cup of Nations: Morocco v South Africa or Cape Verde v Angola (Kick-off 5.00pm) **7.30** Police, Camera, Action! **9.00** Anglo-Welsh Cup Rugby Union. **11.00** Film: Apocalypse Now (1979)

E4
6.30 Revenge. **5.30** The Big Bang Theory. **9.30** New Girl. **10.00** How I Met Your Mother. **7.30** The Big Bang Theory. **10.00** Film: Prime (2005) **10.05** The New Normal. **11.30** 2 Broke Girls. **11.00** My Mad Fat Diary.

Film4
3.00 The Iron Giant (1999) **4.45** Rehearsal (2006) **6.30** Marley and Me (2008) **8.50** Dangerous Liaisons: Interview Special. **9.00** Alien (1968) Sci-fi thriller sequel with Sigourney Weaver.

Monday

BBC1 6.00 Breakfast. 9.15 Wanted Down Under. 10.00 Homes Under the Hammer. BBC News Weather 11.00 The Sheriffs Are Coming. 11.45 Cowboy Trap. BBC News, Weather. 12.15 Bargain Hunt. 1.00 BBC News, Weather. 1.30 Regional News Weather. 1.45 Doctors. 2.15 Moving On. 3.00 Escape to the Country. 3.45 Perfection. 4.30 Antiques Road Trip. 5.15 Pointless. 6.00 BBC News Weather. 6.30 Regional News Programmes Weather. 7.00 The One Show. 7.30 Inside Our BBC News, Regional News. 8.00 EastEnders. 8.30 The Great Disability Scam? – Panorama. 9.00 Miranda. 9.30 Mrs. Brown's Boys. 10.00 BBC News. 10.25 Regional News, Weather. 10.30 Hide I Get Old News, for You. 11.45 Standings. (R) 11.25 The Gotham Nurses Show (R) 12.25 The Celebrity Apprentice USA.

BBC2 6.00 Close. 6.05 Homes Under the Hammer (R) 7.05 The Sheriffs Are Coming (R) 7.50 Cowboy Trap (R) 8.20 Sign Zone. Don't Get Done, Get Dem (R) 9.05 MasterChef: The Professionals (R) 10.35 Countryfile (R) 10.35 Click 11.00 BBC News. 11.30 BBC World News. 12.00 Daily Politics. 1.00 The One Show (R) 1.30 Weakest Link. (R) 2.15 Classic Blackmail (R) 2.45 Real History of Britain (R) 3.15 Rick Stein's Spain. 4.15 Life on Earth. (R) 5.15 Vintage Antiques Roadshow. (R) 6.00 Eggheads. 6.30 Great British Railway Journeys. 7.00 Welsh Railways. 7.30 Great British Railway Journeys. 8.00 The Sarah Millican Television Programme. 8.30 Newsnight Weather 10.00 Weather at Ten. (R) 12.20 Sign Zone. Granny's Means In. A Wonderland Film (R) 1.20 Nature's Weirdest Events (R) 2.20 Close. 4.00 BBC Learning Zone.

ITV 6.00 Daybreak. 8.30 Lorraine. 9.25 The Jeremy Kyle Show. 10.30 This Morning. 12.30 Loose Women. 1.30 ITV News. Weather. 1.55 ITV News London Weather. 2.00 Dickinson's Real Deal. 3.00 The Alan Titchmarsh Show. 3.59 ITV London Weather. 4.00 Tipping Point. 5.00 The Chase. 6.00 ITV News London Weather. 6.30 ITV News Weather. 7.00 Emmerdale. 7.30 River Monsters. 8.00 Celebrity Who Wants to Be a Millionaire? Couples Special (R) 9.00 Great Houses with Julian Fellowes. 10.00 ITV News at Ten Weather. 10.30 ITV News London Weather. 10.35 River Monsters. (R) 11.35 Grimefighters. (R) 12.00 Jackpot247. 3.00 Loose Women (R) 3.45 ITV Nightscreen.

Channel 4 6.10 The Hoobs. (R) 6.35 Accounting with Jim. (R) 7.25 Everybody Loves Raymond. (R) 7.55 Everybody Loves Raymond. (R) 8.30 Frasier. (R) 8.55 Frasier. (R) 9.30 Frasier (R) 10.00 Undercover Boss Canada. 11.00 Come Dine with Me. (R) 12.00 Channel 4 News Midday Summary. 12.05 Jamie's 15 Minute Meals. (R) 12.30 River Cottage Bites. 12.40 Film The Merchant of the Hills. (1941) Western, starring John Wayne. 2.40 Countdown. 3.30 Face the Cook. 4.00 Deal or No Deal. 5.00 Four in a Bed. 5.30 Come Dine with Me. 6.00 The Simpsons. (R) 6.30 Hollyoaks. 7.00 Channel 4 News. 7.55 4thoughtTV. 8.00 Supersize vs Superskinny. 9.05 The Undateables. 10.00 Dinosaur Hunters. 10.30 Dogs: Our Pets. 12.30 Inside the European Poker Tour. 1.05 Sailing: America's Cup Discovered. 1.30 KOTV Racing Weekly. 1.55 Beach Volleyball. (R) 2.45 Soul Encounters of the Sporting Mind. (R) 3.25 Film Paper Moon. (1973) Drama starring Ryan and Tatum O'Neal. 4.35 Smallville. (R) 5.15 Deal or No Deal. (R)

Channel 5 6.00 Milkshake! 9.15 The Wright Stuff. 11.10 All-New Trisha. 12.00 Looney Tunes. (R) 12.10 5 News Lunchtime. 12.15 Essex Jungle. (R) 1.15 Home and Away. 1.45 Neighbours. 2.15 CSI: Miami. (R) 3.15 Disney Shorts: Magician Mickey. 3.20 Film: Jane Doe: How to Fire Your Boss. (2007) Murder mystery, starring Lisa Thoreson. 5.00 5 News at 5. 5.30 Neighbours. (R) 6.00 Home and Away. (R) 6.30 5 News at 6.30. 7.00 The All New Gadget Show. 8.00 New Police Interceptors. 9 News at 9. 9.00 Fiery and Will: Champions of the World. 10.00 Film: Assassins. (1995) Thriller, starring Sylvester Stallone and Antonio Banderas. 12.40 Fawn Stars. (R) 1.10 SuperCasino. 3.55 House Doctor. (R)

Tuesday

BBC1 6.00 Breakfast. 9.15 Wanted Down Under. 10.00 Homes Under the Hammer. BBC News Weather. 11.00 The Sheriffs Are Coming. 11.45 Cowboy Trap. BBC News Weather. 12.15 Bargain Hunt. (R) 1.00 BBC News Weather. 1.30 Regional News, Weather. 1.45 Doctors. 2.15 Moving On. 3.00 Escape to the Country. (R) 3.45 Perfection. 4.30 Antiques Road Trip. 5.15 Pointless. 6.00 BBC News Weather. 6.30 Regional News Programmes Weather. 7.00 The One Show. 7.30 EastEnders. BBC News Regional News. 8.00 Holby City. 9.00 Death in Paradise. (R) 10.00 BBC News. 10.25 Regional News, Weather. National Lottery Update. 10.35 The Richard Dimbleby Lecture. 2013. 11.25 Film. 2013. 11.55 Film: Fifty Dead Men Walking. (2008) Fact-based thriller starring Jim Sturgess. 1.45 Weatherview. 1.50 BBC News.

BBC2 6.00 Close. 6.05 Homes Under the Hammer (R) 7.05 The Sheriffs Are Coming (R) 7.50 Cowboy Trap. (R) 8.20 Sign Zone. Don't Get Done, Get Dem (R) 9.05 MasterChef: The Professionals. (R) 10.05 Rick Stein's Secret Britain (R) 10.35 HARDtalk. 11.00 BBC News. 11.30 BBC World News. 12.00 Daily Politics. 1.00 The One Show (R) 1.30 Weakest Link. (R) 2.15 Classic Blackmail. (R) 2.45 Real History of Britain. (R) 3.15 Rick Stein's Spain. 4.15 Life on Earth. (R) 5.15 Antiques Roadshow. (R) 6.00 Eggheads. 6.30 Great British Railway Journeys. 7.00 Welsh Railways. 7.30 Great British Railway Journeys. 8.00 The Sarah Millican Television Programme. 8.30 Newsnight. Weather. 10.00 Weather at Ten. (R) 12.20 Sign Zone. Granny's Means In. A Wonderland Film (R) 1.20 Nature's Weirdest Events (R) 2.20 Close. 4.00 BBC Learning Zone.

ITV 6.00 Daybreak. 8.00 Lorraine. 9.25 The Jeremy Kyle Show. 10.30 This Morning. 12.30 Loose Women. 1.30 ITV News. Weather. 1.55 ITV News London. Weather. 2.00 Dickinson's Real Deal. 3.00 The Alan Titchmarsh Show. 3.59 ITV London Weather. 4.00 Tipping Point. 5.00 The Chase. 6.00 ITV News London Weather. 6.30 ITV News Weather. 7.00 Emmerdale. 7.30 River Monsters. 8.00 Celebrity Who Wants to Be a Millionaire? Couples Special (R) 9.00 Great Houses with Julian Fellowes. 10.00 ITV News at Ten. Weather. 10.30 ITV News London. Weather. 10.35 River Monsters. (R) 11.35 Grimefighters. (R) 12.00 Jackpot247. 3.00 Loose Women (R) 3.45 ITV Nightscreen.

Channel 4 7.05 Sail Mail. (R) 8.10 The Hoobs. (R) 6.35 The Hoobs. (R) 7.00 According to Jim. (R) 7.25 Everybody Loves Raymond. (R) 7.55 Everybody Loves Raymond. (R) 8.25 Frasier. (R) 8.55 Frasier. (R) 9.30 Frasier (R) 10.00 Undercover Boss Canada. 11.00 Come Dine with Me. (R) 12.00 Channel 4 News Midday Summary. 12.05 James' 15 Minute Meals. (R) 12.30 Kirstie's Vintage Gems. 12.45 Film: The Fighting Kentuckian. (1949) Western, starring John Wayne. 2.50 Countdown. 3.30 Face the Cook. 4.00 Deal or No Deal. 5.00 Four in a Bed. 5.30 Come Dine with Me. 6.00 The Simpsons. (R) 6.30 Hollyoaks. 7.00 Channel 4 News. 7.55 4thoughtTV. 8.00 Supersize vs Superskinny. 9.05 The Undateables. 10.00 Unsea. 11.10 Dogs: Our Pets. 12.10 Inside the European Poker Tour. 1.05 Sailing: America's Cup Discovered. 1.30 KOTV Racing Weekly. 1.55 Beach Volleyball. (R) 2.45 Soul Encounters of the Sporting Mind. (R) 3.25 Film: Paper Moon. (1973) Drama starring Ryan and Tatum O'Neal. 4.35 Smallville. (R) 5.15 Deal or No Deal. (R)

Channel 5 6.00 Milkshake! 9.15 The Wright Stuff. 11.10 All-New Trisha. 12.00 Looney Tunes. (R) 12.10 5 News Lunchtime. 12.15 Essex Jungle. (R) 1.15 Home and Away. 1.45 Neighbours. 2.15 CSI: Miami. (R) 3.15 Disney Shorts: Magician Mickey. 3.20 Film: Jane Doe: How to Fire Your Boss. (2007) Murder mystery, starring Lisa Thoreson. 5.00 5 News at 5. 5.30 Neighbours. (R) 6.00 Home and Away. (R) 6.30 5 News at 6.30. 7.00 Monkey Life. (R) 7.30 High and Emergency. (R) 8.30 5 News Update. 8.00 New Celebrity Apprentice. 9.00 Film: Eragon. (2006) Drama starring Jeremy Irons. 10.00 Brain Hospital. Saving Lives. 11.00 CSI: NY. (R) 12.00 CSI: Miami. (R) 12.55 SuperCasino.

Wednesday

BBC1 6.00 Breakfast. 9.15 Wanted Down Under. Under Revisited. 10.00 Homes Under the Hammer. BBC News. Weather. 11.00 The Sheriffs Are Coming. 11.45 Cowboy Trap. BBC News Weather. 12.15 Bargain Hunt. 1.00 BBC News Weather. 1.30 Regional News Weather. 1.45 Doctors. 2.15 Moving On. 3.00 Escape to the Country. (R) 3.45 Perfection. 4.30 Antiques Road Trip. 5.15 Pointless. 6.00 BBC News Weather. 6.30 Regional News Programmes Weather. 6.35 Party Political Broadcast. (R) 7.00 The One Show. BBC News, Regional News. 8.00 The Food Inspectors. 9.00 Africa. 10.00 BBC News. 10.30 Regional News Weather. National Lottery Update. 10.35 Mastermind. 11.25 Film: Silkwood. (1983) Fact-based drama, starring Meryl Streep. 2.30 Skiing. Weatherview. 2.35 BBC News.

BBC2 6.00 Homes Under the Hammer. (R) 7.00 The Sheriffs Are Coming. (R) 7.45 Cowboy Trap. (R) 8.15 Sign Zone. Don't Get Done, Get Dem. (R) 9.00 MasterChef: The Professionals. (R) 10.00 Robert Rauschenberg. 10.30 Sea Hear. 11.00 BBC News. 11.30 Daily Politics. 1.00 The One Show. (R) 1.30 Weakest Link. (R) 2.15 Classic Blackmail. (R) 2.45 Real History of Britain. (R) 3.15 Rick Stein's Spain. (R) 4.15 Life on Earth. (R) 5.15 Vintage Antiques Roadshow. (R) 6.00 Eggheads. 6.30 Great British Railway Journeys. 7.00 Welsh Railways. Beating Bobby Fischer. 7.30 Great British Railway Journeys. 8.00 Everyday Gourmets. 8.00 Funny Business. 10.00 This Culture Show. 10.30 Newsnight. Weather. 11.00 The Genius of Invention. (R) 12.20 Sign Zone. Dara O Briain's School Club. (R) 1.10 See Hear. (R) 1.50 Class. 3.55 FBC Learning Zone.

ITV 6.00 Daybreak. 8.30 Lorraine. 9.25 The Jeremy Kyle Show. 10.30 This Morning. 12.30 Loose Women. 1.30 ITV News. Weather. 1.55 ITV News London. Weather. 2.00 Dickinson's Real Deal. 3.00 The Alan Titchmarsh Show. 3.59 ITV London Weather. 4.00 Tipping Point. 5.00 The Chase. 6.00 ITV News London. Weather. 6.30 ITV News. Weather. 7.00 Emmerdale. 7.30 Coronation Street. 8.00 Midsomer Murders. 10.00 ITV News at Ten. Weather. 10.30 ITV News London. Weather. 10.35 Murder Made Easy. (R) 11.35 The Golden Rules of TV. (R) 12.00 Jackpot247. 3.00 Tenight. 3.45 ITV Nightscreen.

Channel 4 6.10 The Hoobs. (R) 6.35 The Hoobs. (R) 7.00 According to Jim. (R) 7.25 Everybody Loves Raymond. (R) 7.55 Everybody Loves Raymond. (R) 8.25 Frasier. (R) 8.55 Frasier. (R) 9.30 Frasier (R) 10.00 Undercover Boss Canada. 11.00 Come Dine with Me. (R) 12.00 Channel 4 News Midday Summary. 12.05 James' 15 Minute Meals. (R) 12.30 Kirstie's Vintage Gems. 12.50 Film: Broken Arrow. (1950) Western, starring James Stewart. 2.40 Countdown. 3.30 Face the Cook. 4.00 Deal or No Deal. 5.00 Four in a Bed. 5.30 Come Dine with Me. 6.00 The Simpsons. (R) 6.30 Hollyoaks. 7.00 Channel 4 News. 7.55 4thoughtTV. 8.00 Gok's Style Secrets. 8.50 One Born Every Minute. 10.00 Derek. (R) 10.30 Sirens. Jordan Child Abuse Channel 4 Undercover Special. 11.30 Fashion Acts. (R) 11.35 Embarrassing Fat Bodies. (R) 12.40 Music on 4. Launched at Rat Bull Studios. 1.10 Music on 4. Mercury Prize 2012. Albums of the Year. (R) 1.35 Revenge. 2.20 Film: The Ice Storm. (1997) Drama starring Sigourney Weaver. 4.10 Amelia and Michael. (R)

Channel 5 6.00 Milkshake! 9.15 The Wright Stuff. 11.10 All-New Trisha. 12.00 Looney Tunes. (R) 12.10 5 News Lunchtime. 12.15 Essex Jungle. (R) 1.15 Home and Away. 1.45 Neighbours. 2.15 CSI: Miami. (R) 3.15 Film: Polar Storm. (2009) Disaster thriller starring Jack Coleman. 5.00 5 News at 5. 5.30 Neighbours. (R) 6.00 Home and Away. (R) 6.30 5 News at 6.30. 7.00 Police Interceptors. (R) 8 News Update. 8.00 Cheeky Beermats: South African Adventure. 9 News at 9. 9.00 NCIS. 10.00 Law & Order: Special Victims Unit. (R) 10.55 CSI: Crime Scene Investigation. (R) 11.55 CSI: Crime Scene Investigation. (R)

Thursday

BBC1 6.00 Breakfast. 9.15 Wanted Down Under. Revisited. 10.00 Homes Under the Hammer. (R) BBC News. Weather. 11.00 The Sheriffs Are Coming. 11.45 Cowboy Trap. (R) BBC News Weather. 12.15 Bargain Hunt. (R) 1.00 BBC News Weather. 1.30 Regional News Weather. 1.45 Doctors. 2.15 Moving On. 3.00 Escape to the Country. (R) 3.45 Perfection. 4.30 Antiques Road Trip. 5.15 Pointless. 6.00 BBC News Weather. 6.30 Regional News Programmes Weather. 7.00 The One Show. 7.30 EastEnders. BBC News Regional News. 8.00 Waterloo Road. 9.00 Silent Witness. 10.00 BBC News. 10.25 Regional News Weather. 10.35 The Week. 12.20 Film: Silkwood. (1983) Fact-based drama, starring Meryl Streep. 2.30 Skiing. Weatherview. 2.35 BBC News.

BBC2 6.00 Close. 6.05 Homes Under the Hammer. (R) 7.05 The Sheriffs Are Coming. (R) 7.50 Cowboy Trap. (R) 8.20 Sign Zone. Don't Get Done, Get Dem. (R) 9.05 MasterChef: The Professionals. (R) 10.05 Robert Rauschenberg. 10.30 HARDtalk. 11.00 BBC News. 11.30 BBC World News. 12.00 Daily Politics. 1.00 The One Show. (R) 2.00 Coast. (R) 2.15 Classic Blackmail. (R) 2.45 Real History of Britain. (R) 3.15 Rick Stein's Spain. (R) 4.15 Life on Earth. (R) 5.15 Vintage Antiques Roadshow. (R) 6.00 Eggheads. 6.30 Great British Railway Journeys. 7.00 Welsh Railways. Beating Bobby Fischer. 7.30 Great British Railway Journeys. 8.00 The Genius of Invention. 10.00 Charlie Brooker's Weekly Wipe. 10.30 Newsnight. Weather. 11.20 Football Focus. Transfer Deadline Special. 11.50 Motor Masters and Mavericks. (R) 12.50 Film: The Culture Show. (R) 1.20 Sign Zone. The Great Disability Scam? – Panorama. (R) 1.50 A Very British Holiday. A Wonderland Film. (R) 2.50 Close. 3.55 BBC Learning Zone.

ITV 6.00 Daybreak. 8.00 Lorraine. 9.25 The Jeremy Kyle Show. 10.30 This Morning. 12.30 Loose Women. 1.30 ITV News. Weather. 1.55 ITV News London. Weather. 2.00 Dickinson's Real Deal. 3.00 The Alan Titchmarsh Show. 3.59 ITV London Weather. 4.00 Tipping Point. 5.00 The Chase. 6.00 ITV News London. Weather. 6.30 ITV News. Weather. 7.00 Emmerdale. 7.30 Coronation Street. 8.00 Tenight. 8.30 Nursing the Nation. 9.00 The Secret Life of Dogs. 10.00 ITV News at Ten. Weather. 10.30 ITV News London. Weather. 10.35 The Jonathan Ross Show. (R) 11.35 The Golden Rules of TV. (R) 12.00 Jackpot247. 3.00 Tenight. 3.45 The Jeremy Kyle Show. (R) 4.20 ITV Nightscreen.

Channel 4 7.05 Sail Mail. (R) 8.10 The Hoobs. (R) 6.35 The Hoobs. (R) 7.00 According to Jim. (R) 7.25 Everybody Loves Raymond. (R) 7.55 Everybody Loves Raymond. (R) 8.25 Frasier. (R) 8.55 Frasier. (R) 9.30 Frasier (R) 10.00 Undercover Boss Canada. 11.00 Come Dine with Me. (R) 12.00 Channel 4 News Midday Summary. 12.05 James' 15 Minute Meals. (R) 12.30 Kirstie's Vintage Gems. 12.45 Film: Rithe Spirit. (1945) Supernatural comedy starring Rex Harrison. 2.40 Countdown. 3.30 Face the Cook. 4.00 Deal or No Deal. 5.00 Four in a Bed. 5.30 Come Dine with Me. 6.00 The Simpsons. (R) 6.30 Hollyoaks. 7.00 Channel 4 News. 7.55 4thoughtTV. 8.00 Location Location Location. 9.00 The Restoration Man. 10.00 Secrets of the Pekpekeks. (R) 11.05 Random Acts. (R) 11.10 The Undateables. (R) 12.10 The Real Mans Road Trip. Sean and Jen Go West. (R) 1.00 Gok's Style Secrets. (R) 2.10 Wright Watchers – How They Make Their Money. Channel 4 Dispatches. (R)

Channel 5 6.00 Milkshake! 9.15 The Wright Stuff. 11.10 All-New Trisha. 12.00 Looney Tunes. (R) 12.10 5 News Lunchtime. 12.15 Essex Jungle. (R) 1.15 Home and Away. 1.45 Neighbours. 2.15 The Mentalist. (R) 3.15 Film: Goodnight for Justice. (2011) Premiere. Western starring Luke Perry. 5.00 5 News at 5. 5.30 Neighbours. (R) 6.00 Home and Away. (R) 6.30 5 News at 6.30. 7.00 World's Toughest Prison. (R) 8 News Update. 8.00 Dangerous Drivers' School. 9 News at 9. 9.00 Winter Olympics Preview. 10.00 Film: Navy Seals. (1990) Action adventure starring Charlie Sheen. 12.15 SuperCasino. 3.00 House Doctor. (R)

Friday

BBC1 6.00 Breakfast. 9.15 Wanted Down Under. Revisited. 10.00 Homes Under the Hammer. BBC News. Weather. 11.00 The Sheriffs Are Coming. 11.45 Cowboy Trap. (R) BBC News Weather. 12.15 Bargain Hunt. 1.00 BBC News Weather. 1.30 Regional News Weather. 1.45 Doctors. 2.15 Moving On. 3.00 Escape to the Country. (R) 3.45 Perfection. 4.30 Antiques Road Trip. 5.15 Pointless. 6.00 BBC News Weather. 6.30 Regional News Programmes Weather. 7.00 The One Show. 7.30 A Question of Sport. (R) BBC News. Regional News. 8.00 EastEnders. 8.30 Room 101. 9.00 Silent Witness. 10.00 BBC News. Weather. 10.25 Regional News Weather. National Lottery Update. 10.35 The Graham Norton Show. 11.25 Film: Lesbian Vampire Killers. (2009) Premiere. Comedy horror starring James Corden and Mathew Horne. 12.45 Film: The Kite Runner. (2007) Comedy drama, starring Nicolas Cage. 2.20 Weatherview. 2.25 BBC News.

BBC2 6.00 Homes Under the Hammer. (R) 7.00 The Sheriffs Are Coming. (R) 7.45 Cowboy Trap. (R) 8.15 Sign Zone. Don't Get Done, Get Dem. (R) 9.00 Antiques Roadshow. (R) 10.00 Question Time. (R) 11.00 BBC News. 11.30 BBC World News. 12.00 Daily Politics. 1.00 The One Show. (R) 1.30 Weakest Link. (R) 2.15 Classic Blackmail. (R) 2.45 Real History of Britain. (R) 3.15 Rick Stein's Far Eastern Odyssey. (R) 4.15 Life on Earth. (R) 5.15 Vintage Antiques Roadshow. (R) 6.00 Eggheads. 6.30 Great British Railway Journeys. 7.00 Welsh Railways. Beating Bobby Fischer. 7.30 Great British Railway Journeys. 8.00 Mastermind. 9.00 Life in a Cottage Garden with Carol Klein. 9.30 Monty Don's French Gardening Year. 10.00 Newsnight. 11.00 The Review Show. 11.45 Weather. 11.50 Film: The Last Station. (2009) Period drama, starring James McAvoy. 1.35 Sign Zone. Question Time. (R) 2.35 Close.

ITV 6.00 Daybreak. 8.30 Lorraine. 9.25 The Jeremy Kyle Show. 10.30 This Morning. 12.30 Loose Women. 1.30 ITV News. Weather. 1.55 ITV News London. Weather. 2.00 Dickinson's Real Deal. 3.00 The Alan Titchmarsh Show. 3.59 ITV London Weather. 4.00 Tipping Point. 5.00 The Chase. 6.00 ITV News London. Weather. 6.30 ITV News. Weather. 7.00 Emmerdale. 7.30 Coronation Street. 8.00 Wild Britain with Ray Mears. 9.30 Dominion Street. 10.00 Secret Millionaire. 11.00 ITV News at Ten. Weather. 10.30 ITV News London. Weather. 10.35 Film: Dermot on Man. (1993) Sci-fi thriller starring Sylvester Stallone. 12.30 Jackpot247. 2.00 Film: The Dragon. (1973) Martial arts thriller starring Bruce Lee. 4.00 ITV Nightscreen.

Channel 4 6.10 The Hoobs. (R) 6.35 The Hoobs. (R) 7.00 According to Jim. (R) 7.25 Everybody Loves Raymond. (R) 7.55 Everybody Loves Raymond. (R) 8.25 Frasier. (R) 8.55 Frasier. (R) 9.30 Frasier (R) 10.00 Undercover Boss Canada. 11.00 Come Dine with Me. (R) 12.00 Channel 4 News Midday Summary. 12.05 James' 15 Minute Meals. (R) 12.30 Kirstie's Handmade Treasures. (R) 12.50 Film: Santa Fe Passage. (1955) Western adventure starring John Payne. 2.40 Countdown. 3.30 Face the Cook. 4.00 Deal or No Deal. 5.00 Four in a Bed. 5.30 Come Dine with Me. 6.00 The Simpsons. (R) 6.30 Hollyoaks. 7.00 Channel 4 News. 7.55 4thoughtTV. 8.00 Fifth Gear. 9.00 8 Out of 10 Cats. 9.30 The Last Leg. 10.00 Paddy's TV Guide. 10.30 Purple Tube. (R) 11.50 The New Normal. 12.20 Random Acts. (R) 12.25 2 Broke Girls. 12.45 Harpo Speaks. (R) 1.10 Don't Trust the S***** in Apartment 23. 1.30 Rick's Burgers. 1.55 Glory Daze. 2.35 Smallville. (R) 3.15 St Elsewhere. (R)

Channel 5 6.00 Milkshake! 9.15 The Wright Stuff. 11.10 All-New Trisha. 12.00 Looney Tunes. (R) 12.10 5 News Lunchtime. 12.15 Essex Jungle. (R) 1.15 Home and Away. 1.45 Neighbours. 2.15 Person of Interest. (R) 3.20 Film: Supernat. House. (2005) Supernatural thriller starring Lindsay Price. 5.00 5 News at 5. 5.30 Neighbours. (R) 6.00 Home and Away. (R) 6.30 5 News at 6.30. 7.00 America's Funniest War on Britain Revealed. (R) 8 News Update. 8.00 Ice Road Truckers. 9 News at 9. 9.00 Film: The Last Samurai. (2003) 12.00 SuperCasino.

This week's crossword - Clues

Across

1 Immaculate (8)
5 Disable (4)
9 Performs (4)
10 Artist's paint boards (8)
11 Droll (5)
12 Protection (7)
13 Make-shift (5,3,5)
18 Correct answer (8)
19 Defeat (4)
20 Exhausted (7)
21 Truck (5)
22 Resound (4)
23 Correctly (8)

Down

2 Small flute (7)
3 Trying (7)
4 Permanent rule (5,5)
6 Feeler (7)
7 Dominance (7)
8 Young cow (8)
13 Remainder (7)
14 Let loose (7)
15 Detesting (6)
16 Clasp (7)
17 Plunder (7)

Last week's solution

ACROSS 1 REPAST 4 DANGER 9 CIRCUMFERENCE 10 PRECEDE 11 NURSE 12 EDICT 14 DEALT 18 OCCUR 18 LUCERNE 21 FILING CABINET 22 DIRECT 23 INVOKE

DOWN 1 RECIPE 2 PERPENDICULAR, 3 SAUCE 5 ARRANGE 6 GENERAL FRANCO 7 REELED 8 OFFER 13 CHRONIC 15 DOFFED 16 SLACK, 17 GENTLE 20 CABIN

Food & Drink

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Supermarket fruit and veg pricier than independent shop/market?

CHANNEL 4 DISPATCHES enlisted the help of mystery shoppers in 32 locations around the country to visit their local market or independent trader, a large supermarket and a branch of that supermarket's convenience store.

They were asked to purchase three everyday fruit and vegetable items – broccoli, pears and coriander – for the cheapest price available in each outlet.

When the prices they paid for these three items were analysed, there was some interesting results.

The supermarket was 12% more expensive than the independent seller.

The convenience store branch of their supermarket was a third (35%) more expensive than the independent seller.

The convenience store branch of their supermarket was 28.91% more expensive than the main branch.

Items were average 26% more expensive in Sainsbury's Locals than in the Sainsbury's supermarkets.

Items were 31% more expensive in Tesco Express than in the larger branches of Tesco.

Coriander was 76.98% more expensive at the supermarket convenience store than at the independent seller or 15% more expensive at the supermarket than at the independent seller.

Broccoli was 2% CHEAPER at the supermarket than the independent seller and 21% more expensive at the supermarket convenience store than at the independent seller.

The pear was 24.69% more expensive at the supermarket than the independent seller and 31.65% more expensive at the supermarket convenience store than at the independent seller.

Tesco and Sainsbury's say it's common practice for retailers to charge a small amount more for some products through their convenience stores due to higher operating costs in running these stores.

Channel 4 Dispatches investigated how the supermarkets sell fresh fruit and veg, and how their prices compare with independent traders.

Reporter Tazeen Ahmed investigated the startling rise of supermarket convenience stores, and asks: are we paying a fair price for on your-doorstep convenience, or are we being taken for a ride?

The supermarkets dominate the sale of both fruit and vegetables.

Last year shoppers spent £3bn a week on fruit – with £69m (35%) of that went through the supermarket check outs while independent outlets took the remaining £12m.

Shoppers spent even more on veg – £105m each week – of which £88m (84%) was spent in the supermarkets. Independent outlets took the remaining £17M (16%).

One of the biggest changes on the High Street has been the growing importance of convenience store shopping.

69% of adults now visit one of these every week and they now account for more than 20% of all food spending.

Sainsbury's now have 487 of their Local stores. But Tesco lead the way with nearly three times that number (1487).

Sales in convenience stores are growing fast. They are being heavily promoted and new ones are springing up all the time.

So what is it that really makes the supermarket convenience stores so popular?

With more people living and working longer hours and living in a different way, and eating out of the home more the small, convenience store has actually become a major outlet for very large numbers of population.

There's growing unease at Westminster about the pricing techniques of some supermarket convenience stores.

It was the subject of a debate only last week.

John Denham MP thinks he has the answer to the problem – forcing supermarkets to hand over all their price information.

"I want supermarkets to make available all the data they have on the price of their goods, product by product, store by store. They already have it internally on their computers but if they make it available that will enable consumers through smart phones and other devices to compare prices of different products in different stores," he says.

"It's very difficult for consumers to know how much more they're being charged for the convenience or the necessity of using a local store when the big store's some time away... That's the sort of thing you ought to be able to work out on your smartphone and you could actually work out whether it's worth getting on the bus to get to the cheaper supermarket', he adds.

Food & Drink returns to BBC Two

FOOD & DRINK returns to BBC Two this February with one of our most highly respected and best loved chefs at the helm. Two Michelin starred culinary legend Michel Roux Jr relaunches this iconic series, sharing some of his favourite recipes and kitchen secrets and inviting us to engage in a debate about what we eat and drink.

Michel is joined by award-winning drinks expert Kate Goodman who suggests a range of liquid accompaniments to compliment his dishes, from under-appreciated Portuguese reds to the perfect cup of tea. With the help of each episode's guest chef, Michel and Kate put together inspirational mouth-watering food and drink combinations and demonstrate how everyone can create the perfectly balanced meal.

As well as sumptuous recipes, delicious drinks and entertaining banter in the kitchen, each episode has a contemporary food debate at its heart. Some of this country's most highly respected journalists and foodies spark the discussion with polemic films on issues as diverse as the search for alternative sources of protein (mealworm burgers anyone?) and whether our love of the mass-produced loaf has ruined bread for the world. Each episode also features an authored passion piece in celebration of the best of food and drink.

Food & Drink is the series that looks at what, how and why we eat and drink today. It will tap into current trends and key consumer issues, reveal Michel's and his guests' personal insights, such as their guilty pleasures and desert island must haves, and celebrate the best of the country's cooking talent.

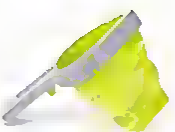
Guest chefs include Tom Kerridge, Mary Berry, Jun Tanaka, Monica Galetti, Angela Hartnett and Rachel Khoo. Guest contributors include Stefan Gates, Oliver Peyton, William Sitwell, Matthew Fort and Kerstin Rodgers.

Food & Drink is a BBC Two/BBC Lifestyle co-production.

Portion Distortion

• New Waitrose utensils keep portion control and plate waste in check

ACCORDING to recent research by Mintel* 55% of Britons will be planning to lose weight this month through eating smaller portions. To take out the guesswork, Waitrose has launched a range of handy tools to help customers judge the correct portion sizes to avoid weight gain and also cut down on meals ending up in the kitchen bin.



The new kitchen utensils form part of the Waitrose LOVE life range which promotes a more sensible way of eating and will help shoppers get the portion sizes just right when cooking for their family. The tools correctly manage the quantities needed to prepare and eat particular family favourites such as spaghetti bolognese. A sauce ladle, cheese grater portion pot and easy measure pasta basket will enable home cooks to whip up a hearty meal without going overboard with the servings.

Snacking can also go astray if you don't keep an eye on how much you are eating. The cut portion pot has a serving indicator to help to keep portions in perspective. The simple cereal scoop also helps, as breakfast servings are a common area where portions are easily over poured.

According to Waitrose Nutrition Manager, Moira Howie, "Shoppers generally know the right things to eat, however it can all come unstuck when it comes to working out the right amount to eat. It's not what to eat but how much.

Over eating good foods can still lead to weight gain. Using these measuring utensils is an easy way to avoid portion distortion and keep your healthy eating on track."

Moira Howie continues, "The truth is the more you put on your plate, the more you are tempted to eat. So, by using these tools over time you will change your perception of what a healthy plate looks like for you and your family. The gadgets also mean you only cook what you need, so no food ends up being wastefully thrown in the bin."

The Waitrose LOVE life kitchen utensils are designed to make measuring portion sizes simpler and take the hassle out of preparation – cooking and eating healthily and sensibly has never been easier.

India Gate

India Gate Merston A259 Bognor Road, Merston, West Sussex, PO21 EH

Tel: 01243 783576 / 773242

Valentine's Day offer

5 courses

for just £22.95

and a free glass of champagne!

Put the heat back in your love life!

- Private function room
- Free car parking

This offer is not to be used in conjunction with any other offers

Fashion

GOT ANY FASHION TIPS?
@chiherald

Curious about Cashmere?

CHICHESTER is still chilly! After the local sprinkling of the white stuff, you need to invest in some cashmere to give yourself some snuggly, warm and unbeatable comfort.

Cashmere is desirable solely because it is so unbelievably and unmistakably warm. It may be more expensive than your average jumper or cardigan...but believe us when we say that you are going to get your money's worth out of any cashmere garment. Invest in a cardigan for example and you will wear it over and over again; whether it's teamed with your favourite jeans and a top, layered underneath your coat for an extra shot of snug or popped over a floral dress in the spring. Without a doubt, cashmere means year long style and efficiency.

The name "cashmere" comes from the wild, mountainous regions of India and Pakistan, Kashmir, where cashmere shawls have been manufactured for thousands of years. In order to be considered authentic, the fibre must come from the undercoat of a specific breed of goat that lives in the incredibly harsh climate. These goats have adapted to survive in -45C temperatures, explaining why their wool provides incredible warmth and comfort.

The best cashmere garments are made by hand, beginning with the combing of the goats. Each goat is combed in the spring when they are shedding the fine undercoat that protected them during the winter. These fleeces are then washed, the coarse hairs removed, dyed and spun mechanically. The hand work usually returns in the knitting.

So why does it cost more than wool? Well, their wool is only harvested once a year, the average woman in cashmere sweater requires a full years worth of wool from three or four goats and the human effort involved within each stage of development is extensive. In verifying as a garment made of cashmere is a fashion treat to be truly grateful of!

Stephen Lawrence Magaschoni Cashmere Grey Ribbed Boyfriend Cardigan2 cost £375
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Rachel Stevens the face of Next 'Petites'

RACHEL STEVENS is to become the first celebrity face of the Next Petites range.

From January 2013, her images will be featured in all 550 stores nationwide and in the UK's only glossy hardback home shopping publication, the Next Directory. Her beautiful images will also feature on Next.co.uk – the biggest fashion e-tailer in Europe, with over 2 million weekly customers.

Rachel, 34, epitomises the smaller customer at just 5ft 1 and a size 6-8.

She said, "Being petite, I've always found it tricky to find clothes to fit well.

The attention to detail in the cut is very important to ensure that clothes for smaller women are still very tailored. It's great to be modelling for Next as the Petites range has been designed specifically with this in mind. They have a huge choice in the range which means that I don't miss out on the latest fashion because of my size."

Next said: "We are proud of our extensive petites range which is cut to perfect proportions for the smaller frame, and we all agreed that with her diverse appeal, healthy figure and stunning features, Rachel Stevens would be the ideal choice as the face of Next Petites."

Petite sizes range from 6-18 to fit heights 4'11" - 5'3".

Next has three convenient ways to shop - in store, by phone or online at next.co.uk. Shop by 9pm for next day delivery as standard*.

* Terms and conditions apply.

Topman Designs reveals collection for Autumn Winter 2013

TOPMAN DESIGN has revealed it's collection for Autumn Winter 2013, which embodies the enriching journey of a young man combining his spirit through the landscape and cultures in which he travels. His early beginnings are clean and functional but as his journey progresses he begins to absorb elements of these cultures into his visual appeal.

Ice white cropped and oversized parkas are worn over explorer knits in creams and putty's, modernised by the presence of metallic fastenings and lurex threads. Pants are loose and wide, with double pleated cotton drill in pale creams and whites are worn tucked into boots and belted at the waist. Some are waxed while some are more technical in printed cotton.

Printed Tibetan print boiled-wool pea coats are worn large and loose beginning in muted tones before moving into richer spicier tones of orange and red. Orange signifies the next journey stage and introduces a world of hotter spicier tones. Knitwear is boiled and bright in yellows and fuscies with abstract intarsia. Chunky while belted cardigans with contrast shawls are worn with richly toned drill cotton double pleat pants tucked into hiking socks and worn with sandals. Parkas again are key and are worn fastened or pulled over head.

Waxed cropped parkas in claret give way to sleek double breasted suiting in garnet and oxblood before moving into midnight blue brocade single breasted silk jackets worn with elegant shirting, fastened to the back and loose at the collar.

Accessories are also key to the new collection. Oversized functional harnessed leather rucksacks come complete with leather hip flask, iPad, and compass holders. Heavy leather explorer boots come in varying shades and are brightened with soft metallic leather. All of which add to the modern day take on this journey of discovery and exploration.

For more information, visit topman.com.

How to keep warm in the snow!

Denise Kelly

f LOVE THE SNOW! I know it causes disruptions with life here in the UK but there is no denying that when you have an afternoon of sledging with the children there is nothing quite like it for a top fun factor score!

So what do you do to warm yourselves up when you all get back home frozen and hungry? Lots of people fix themselves a hot cup of tea, or the alcoholic German tipple gluvine! However, did you know there are some herbs you can use in your tea or your food that actually do warm you literally from the inside out?

Ginger is a good choice for a warming herb. Ginger will also help an upset stomach, ward off colds and flu, stimulate circulation, and cleanse your lymph nodes. It tastes good, too. Using fresh ginger is best. Just grate half a finger's length of fresh ginger into a pot of water, boil it for about 15 minutes, then let it steep for 10 or 15 minutes. You can add lemon, honey if you need a sweeter taste and let it stimulate your circulation and warm you all the way down to your toes! Ginger has a citrusy spicy taste that livens up cookies, muffins, and other baked goods as well as making a delicious tea.

Cayenne is the spice that warms everything up! I don't know if I would use it in a tea, but a pinch in some of your favorite foods will warm you from head to toe. Cayenne can also relieve pain in spite of its burning heat. Rubbed on the skin, it acts as a counter irritant. This means that it distracts a person from the focus of their pain, such as arthritic joints. Cayenne contains a substance called capsaicin that relieves pain and itching by affecting sensory nerves. Capsaicin overwhelms the nerves so they are unable to send sensations of pain, but the effect is temporary. Cayenne is also credited with improving circulation, and alleviating stomach ailments such as gas or cramping.

Cinnamon is a sweet spice and one of the world's favorites. Egyptians even used cinnamon as an embalming aid. In addition to adding that sweet, hearty taste to our baked goods and other foods, cinnamon helps to warm cold hands and feet by gently stimulating the circulation system. Cinnamon is also credited with relieving nausea and upset stomach. The spicy, lingering smell of cinnamon is one of winter's most popular scents. I feel warmer sometimes just smelling baking cinnamon. New research is also suggesting that cinnamon may lower blood sugar.

Cloves are another sweet spice that is traditionally used in winter baking. Cloves have also been used for centuries as a local anesthetic. Clove oil is even used to alleviate the pain of toothaches. Cloves help to improve digestion and kills bacteria. And their strong, pungent, sweet taste and aroma taste great in spice cakes and cookies.

So there you have it, four great tasting ways to stay warm this winter! Keep warm, stay safe and enjoy the snow while it lasts!

Ginger can help you in many ways

Denise Kelly is a BANT (British association of Nutritional therapists) registered Naturopathic Nutritional Therapist. She writes Nutrition Programs for a variety of organisations and has a private practise in Chichester, West Sussex and is the founder of K4 Fit Kidz. Tel: 01243 528040 www.denisekelly.co.uk

Exercising with mates more effective than exercising alone

IT'S OFFICIAL – exercising with friends is better than exercising alone, according to new research. With friends' findings show that we'll work harder, last longer and burn more calories than we would alone.

The findings emerged in a study of 1,000 women, comparing the habits of those who prefer to go solo and those who prefer company when working out.

It shows that friends who exercise together will visit the gym more regularly, and of women who run, go to the gym or attend group exercise classes with friends, 64% push themselves harder than if they went alone.

31% of women actually consider their friends to be the motivation they need to stay in good shape.

Gillian Reeves, National Group Exercise Manager at Virgin Active Health Clubs which conducted the study in conjunction with their 'Whatever Gets You Going' campaign, said: "We all have a need to socialise and be with other people, it's written into our DNA so it's no surprise that a lot of people like to exercise with friends as this study shows.

"Sometimes having an exercise partner is the difference between sitting on the couch in the evening and getting up and out of the house.

"You are less likely to let your friend down if you arrange to meet them to go to a class or the gym.

"Many women will spur each other on, and provide their friends with the incentive they need to get going.

"Most importantly, having a friend to exercise with makes it more fun – and as well as training hard they can also catch up and treat the experience as another social event."

The study shows that during the average exercise session, women who exercise with friends burn up to 236 calories – over 20% more than the independent ladies.

The average workout among friends lasts for 42 minutes, with the average run taking approximately 31 minutes.

For solo gym bunnies, sessions usually last for 36 minutes, with runs dropping short of half an hour.

Less than half of these people who exercise alone claim to push themselves hard when keeping fit – compared to 64% of girls in groups.

Interestingly, 62% of women who train alone claim they like to excel in a sport before showing off to friends while in contrast, 62% of women who train with others believe their friends offer the encouragement they need to take sport seriously.

Top reasons for exercise for women who work out with friends include having a good gossip, long term health, to tone up and to get out of the house.

Girls who train alone so do to give themselves more energy, and to look and feel good.

How your shopper type is key to losing weight

HOW DO YOU SHOP? Do you have a shopping list and stick to it? Do you make impulse purchases? Are you easily swayed by special offers?

According to a survey by Slimming World and YouGov, how you shop and the choices you make could have a major impact on your ability to manage your weight.

The survey looked at the food buying habits of 2,063 UK shoppers and measured them against their Body Mass Index (BMI) data to see whether the ability to plan ahead and stick to a shopping list had any correlation with people's waistlines.

Looking at four shopper types – the Controller, the Flexible Planner, the Drifter and the Impulse Buyer – the survey reveals that while, as might be expected, Impulse Buyers who don't plan ahead are likely to be very overweight (with a BMI of 30kg/m² or more), Controllers who follow their lists to the letter are also likely to be overweight as they struggle to keep up with their strict regime over time. Flexible Planners who plan ahead, but allow themselves some leeway, in moderation, to take advantage of a bargain or to buy that bottle of wine or chocolate bar they fancy are the most likely to be a healthy weight.

The four shopper types are:

› Controllers - Likely to be overweight

Despite sticking rigidly to their shopping lists, never making impulse purchases and not being swayed by special offers, these shoppers are the most likely to be slightly overweight. This is likely to be because they are too hard on themselves most of the time, leading them to have the occasional blowout as a result.

› Flexible Planners - Likely to be a healthy weight

Following their list but giving themselves the freedom to enjoy a little of what they fancy and take advantage of special offers, these shoppers are comfortably the most likely to be a healthy weight. This is likely to be because planning ahead gives them a structure to follow, while allowing themselves some flexibility ensures that they're less likely to feel deprived.

› Drifters - Likely to be overweight

Although these shoppers have a loose plan, they often drift away from it when something takes their fancy or if they see a bargain special offer. These shoppers are most likely to be overweight.

› Impulse Buyers - Likely to be very overweight

These shoppers don't plan ahead, preferring to make spontaneous choices depending on what they fancy at the time and what's on offer. These shoppers are the most likely to be very overweight, putting their health at significant risk.

"When it comes to healthy food shopping, it's all about having a good balance,' says Jenny Barber, Slimming World Nutritionist. "If you don't plan ahead at all you can easily end up with an unhealthy shopping trolley. However, while planning ahead is important, you need to have some flexibility if you're going to keep up a healthy lifestyle in the long term.'

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Two thirds say their home isn't as clean as they'd like

MILLIONS of Brits reckon their home is a pigsty, solely because they are just too busy to clean, a study has revealed. Researchers have found that seven in ten Brits are unable to find the time to take care of everyday chores such as vacuuming, dusting and cleaning the bathroom.

A massive 57% admitted they have times when their home is a 'pigsty', while more than one in five have even refused to let people into their home because it was in such a mess.

The study of 2,000 people found that 63% don't think their home is as clean as they would like it to be, with half of these blaming this on their busy schedule.

A spokesperson for cleaning product firm Spontex, who commissioned the research, said: "We are leading busier lives than ever and when you are juggling so much, it's inevitable that something has to give.

"And it seems that for many, staying on top of their household chores and keeping their home spotless is what they are letting fall by the wayside.

"But this means that many Brits aren't happy with the state of the home and it's alarming to see that so many even have times when they would describe their home as being like a pigsty.

"Cleaning can be done in small chunks which makes it much more manageable to fit everything in and around your everyday life.

"If you are struggling to fit the chores in, rather than doing a big clean once in a while, running the vacuum round one day and then cleaning the bathroom the next one makes life a lot easier."

Researchers also revealed that a third of people's homes are such a mess that visitors or friends have commented on the state of it, while more than half have rowed with their other half about the mess.

It also emerged that 73% of people regularly shove things under cushions or behind sofas so any clutter is out of sight when someone pops in.

A surprising 60% have even shut doors to certain rooms so guests can't see the mess.

Despite this, 90% claim they consider themselves to be a tidy person.

39% admit their house isn't that clean because they simply don't like cleaning, while a more self conscious 21% don't think they are very good at it.

Just under a quarter say they've got better things to do than worry about the state of their house.

A massive 42% have never cleaned their home from top to bottom, and even those who have admit it's an average of almost five months since they gave it a go.

More than one in ten owned up to not cleaning their home in for at least a month, while another one in ten even admitted it's been a year or more since they did one.

One in twenty haven't washed clothes and one in ten haven't got the vacuum out for a month or more.

Almost one in ten also said they haven't used a duster in their home for at least six months, while one in twenty admitted it's been at least a year since they mopped their floors.

More than one in twenty owned up to never cleaning their windows.

However, 60% admit that they don't think they will ever have a spotless home.

A spokesperson for Spontex added: "Our advice is to do a few, small tasks daily or several times a week rather than try and spend a whole day just cleaning.

"This will keep your home in top condition with minimal effort and give you the satisfaction of completing your chores.

"Many people feel a real sense of fulfilment and more in control of their lives when they are on top of jobs around the house, try out to see cleaning as a chore, why not pop on your favourite music and enjoy a bit of time away from work and other distractions and have some good clean fun around the house.

Many of the Spontex range of products are designed specifically to make lighter work of cleaning so that you have more time to spend doing the things you enjoy doing.

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Rightmove reports 22% rise in number of properties for sale

PROPERTY website Rightmove says that the number of new homes arriving on the market has risen by 22 per cent on 12 months ago in a sign that the UK property market is showing signs of recovery as we head into 2013.

It says that the market should be helped by the "pragmatic" asking prices that new properties are being put on the market for.

New sellers are listing properties at just 0.2 per cent more in January than in December, up from £228,989 to £229,429. This represents a 2.4 per cent (£5,369) year on year increase.

Miles Shipside, director and housing market analyst at Rightmove said: "Sensible pricing will help buyer affordability, one of the factors needed to help warm up the market and encourage a recovery from the credit-crunch freeze in transaction volumes."

Rightmove said that the weekly run rate of new property listings is 11,153 in January, a 22 per cent rise on the 9,105 recorded over the same period a year ago. However, this is still 37 per cent down on the amount of new properties coming to market in 2007 before the credit crunch and the financial crisis.

London recorded the biggest increase in asking prices which were up by 3.6 per cent in January, a rise of £16,492, the largest January increase since 2005 and a 29 per cent year-on-year increase in the number of properties coming to the market.

The report notes that there is no increase in sellers who want to come to market to "give it a go" rather than for forced reasons such as debt, divorce and death."

Mr Shipside said: "One of the reasons for muted transaction volumes has been sellers putting their move on hold. But Rightmove's latest research into those intending to put a property on the market in the next 12 months shows that seven in ten are motivated by discretionary factors rather than forced sale drivers such as the three Ds of death, debt and divorce."

He noted that there are signs that the Bank of England's Funding for Lending Scheme (FLS) is beginning to have a positive impact on the property market.

He said: "There is evidence of greater mortgage lending to support an increase in transaction volumes, albeit modest. The Bank of England's latest mortgage approvals statistics show a 3% increase from November 2011 to November 2012. This is the highest number of mortgage approvals in November since 2007 as the Funding for Lending Scheme begins to feed through to the market."

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ALDWICK BAY ESTATE **£670,000**

A spacious detached house situated in quiet cul-de sac of private manne estate within 100 yards of the private beach. The current owners have carried out a comprehensive programme of extension and modernisation. G.F.H., u.P.V.C. double glazing, fascias & soffits, cavity wall insulation, cloakrm, lounge, dining rm, sitting rm, kit/breakfast rm, master bedrm with en suite bathrm, four further bedrms, second bathrm, shower rm, balcony, integral garage and gardens including a secluded courtyard garden with heated swimming pool. EPC rating is D

ALDWICK **£625,000**

A spacious three bedroom detached bungalow situated on the beach front of a private marine estate. Built in the 1970's and requiring modernisation and some refurbishment, majority double glazed, gas central heating, u.P.V.C. fascias/soffits, large open plan living area, good sized kitchen/breakfast room, utility room, master bedroom with an suite shower room, two further bedrooms, bathroom, double garage. South facing garden with direct beach access. SUPERB SEA VIEWS. EPC rating is E

ALDWICK **£575,000**

A superbly presented New England style detached family house situated on a good sized plot less than half a mile from local shopping facilities and the beach. The current owners have made the property the subject of a comprehensive programme of refurbishment and reinstatement over the course of the last 3 years. G.F.H., u.P.V.C. thro glazing, replacement wiring, plumbing & sanitary ware etc., a cloakrm, a triple aspect lounge, spacious kit/dining rm, utility rm, study/tv room, an impressive master bedrm suite with vaulted dressing rm & luxury en suite bathrm, 3 further bedrms, family bathrm, an integral garage & well maintained gardens to the front and rear. EPC rating is E

FONTWELL **£475,000**

An extensively refurbished and extended detached brick and flint cottage situated between Chichester and Arundel, new gas c.h., wiring and plumbing, incept. hall, triple aspect lounge and vaulted ceiling conservatory, newly fitted kit/brk rm, wiring m/study/ gr. fl. and with en suite, three further bedrooms, two bathrooms, dble and single garage, gardens of approx. 1/3 of an acre. Potential annexe, planning approval for garden floor master bedroom. EPC rating is D

CRAIGWEIL PRIVATE ESTATE **£495,000**

A detached cottage style house situated in a cul de-sac of the private estate just 300 yards from the private beach. G.F.H., u.P.V.C. d/glazing, triple aspect lounge, good sized dining room, fitted kitchen with separate utility room, cloakroom, four bedrooms (one with walkin wardrobe/storage area), bathroom, garage and delightful mature gardens. EPC rating is E

ALDWICK BAY ESTATE **£275,000**

A three bedroom ground floor apartment situated in a quiet cul-de sac of the Aldwick Bay private manne estate approx. 300 yards from the private beach, gas c.h., u.P.V.C. dble glazed, fitted carpets, dual aspect living room opening to a South facing courtyard garden, dining hall, kitchen, three bedrooms, bathroom, cloakroom, garage and communal gardens. EPC rating is D

ALDWICK **£219,950**

A stylishly presented two bedroom first floor apartment situated approx. 400 yards from the beach. The specification includes g.f.h, delightful dual aspect living rm, fitted kitchen, bathroom, separate w.c./cloakroom, single garage with additional parking for several vehicles, use of the landscaped communal gardens and storage area beneath the main building. Residents of The Grange have access to a private beach via gate in nearby Waters Edge. EPC rating is D

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Vauxhall vans is UK's number one for the 11th year running

VAUXHALL built over 58,000 vans in the UK last year, making it Britain's number one commercial vehicle manufacturer for the 11th year running.

Building nearly double that of its nearest competitor, Vauxhall manufactured 53,465 Vivaro-type vans at its Luton plant and 5,373 Astravans at its Ellesmere Port facility.

Both Vauxhall plants have been allocated new products securing production into the next decade. The Luton van facility will build the next generation Vivaro from 2014. Ellesmere Port was awarded the accolade of lead European manufacturing plant for the next generation Astra, due to start production in 2015.

"We are delighted to be the UK's leading van manufacturer for the 11th year running," said Vauxhall's Chairman and Managing Director Duncan Aldred. "We are very proud of our manufacturing bases here in the UK especially as we enter our 110th year – Vauxhall has been building and selling vehicles in Britain without interruption since 1903."

This news comes hot-on-the-heels of Vauxhall selling more vans to retail customers than any other manufacturer for the second consecutive year.

In an extremely tough commercial vehicle market, the Luton-based manufacturer sold over 11,000 vehicles to small businesses.

UK motorists against national speed limit change

IN LIGHT of the Government's proposed plans to raise the UK's national speed limit to 80mph, research commissioned by online car finance specialists, Car Loan 4U, has revealed that only a small majority of motorists are actually in favour of the increase, despite almost half admitting that they speed themselves.

According to the research, 31% of motorists believe that the Government should increase the national speed limit from 70mph to 80mph, despite the fact that as many as 46% admitted that they have broken the current national speed limit.

Other findings from the research reveal that 25% of motorists believe the current national speed limit of 70mph is too slow, with 7% confessing that even if the speed limit was increased they would probably still go faster. Further still, 7% believe that there should be no upper speed limit on the UK motorways at all.

Car Loan 4U Co-Director Ryan Dignan comments: "It is quite fascinating to find that a lot of motorists are against the Government's proposed plans to increase the speed limit in 2013, even though our research shows that they have broken the 70mph speed limit.

"The discussion on increasing our national speed limit has been a hot topic for a while now, especially with the more recent mentions of trialling it across the country, with a lot of people understandably having strong opinions.

"It seems to be up in the air if and when the Government will look to introduce an 80mph speed limit, but these statistics make for interesting reading and debate."

The research also showed that 19% of drivers admitted that they have had points, paid a fine or have been banned from driving due to speeding in the UK, with 51% of people knowing someone directly who has.

A further 13% have been stopped by the police for speeding in the UK, but thankfully only 3% have actually had an accident due to speeding. The UK's national speed limit is renowned for being slower than other countries in Europe and 30% of motorists believe that all EU countries should have the same speed limit.

Car Loan 4U offers a wide range of car finance deals regardless of the customer's history or circumstances to give a fast decision on loan applications, which can be underwritten, approved and paid in just 30 minutes.

For further information, visit www.carloan4u.co.uk.

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GUARANTEED PART EXCHANGE NO EXCEPTIONS NO EXCLUSIONS

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Pre-reg, Delivery mileage
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As well as this, over 1000 businesses in our area will also get at least one newspaper delivered to them whether they are in the City Centre, a town or village, an industrial business park or a lone café on a country road.

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We require a highly driven person with excellent communication skills, a proven track record in working with young people, marketing, an understanding of community engagement, grant applications and public transport.

In return we offer a flexible working environment, a train travel pass for duty purposes, a small but dedicated team atmosphere and generous holiday allowance.

There will be some evening and weekend work required. We are happy to discuss flexible working hours.

Application is by application form only. CVs are not accepted.

Closing date for applications is 9am on 11th February 2013 and interviews will be held on 25th February 2013 at Gatwick Airport.

For more information to request an application pack or for an informal discussion about the role please contact Sam Bryant, CR Development Manager on 07891 556897 or by email at sam@sussexcrp.org.

Alternatively view our website at www.sussexcrp.org.

We want our organisation to be as diverse as the communities we serve. We welcome applications from all sections of the community.

To advertise here call **01243 200999** or email **advertising@chichesterherald.co.uk**

Football

Snow doesn't stop the show

MEMBERS of the Chichester Girls Youth Football Club did not disappoint their coaches this Saturday, when they ventured out in the snow to attend their first training session of 2013.

The adverse weather conditions caused the need for some quick thinking from the coaches, who are also all members of the First and Reserves Chichester Ladies Football Teams.

Communicating with all parents whose children are members of the mini green army (girls range from 6 -14 years old) they moved their regular venue (the club is usually run on the front field of Chichester College from 10.00am - 11.30am) to the Chichester Football Club's grounds at Oaklands Park.

The youth girls enjoyed their indoor training session where amongst other activities they played "blind football", team building games, sports and general knowledge quizzes. The parents enjoyed judging the "design a new football kit" competition and were very impressed at the girls' ort skills.

The mini green army are looking forward to the weather clearing soon so they can have fun and learn new football skills ready for their up and coming football tournament.

If anyone would like more information about the Chichester Youth Girls Football Club please feel free to either come along, the first session is free or for more information email chichesterfemalefootball@hotmail.co.uk or call Hannah on 07727 068946.

Straight from the commentary box

Will Albion be busy in the January sales?

Johnny Cantor

AT THE TIME of writing, both Brighton and Hove Albion's two signings in January have yet to feature for the first team with Vitalija Maksimovs to join up with the development squad and new striker Leonardo Ulloa still waiting for international clearance.

Both manager Gus Poyet and chairman Tony Bloom are not big fans of spending money in January feeling there isn't value for money but this year may be different. There certainly appears to be a focus on more players from abroad where both believe you get more for your buck.

Defence is one area the Albion are looking to strengthen. It's been reported FC Groningen have turned down an initial offer for their Dutch defender Virgil Van Dijk. Another apparent target is French midfielder Jeremy Sainy from Le Havre. The return to fitness of Vicente may take the pressure of recruiting any further in midfield.

Rumours still abound over the future of striker Craig Mackail-Smith. Despite being the side's top scorer he has been locked with moves away to both Norwich and Leeds United. A deal bringing another striker the other way with a possible financial make weight is the most likely combination if he were to leave.

The Seagulls have taken on young Plymouth keeper Christian Walton on trial but he could provide an option for the future with veterans Casper Ankergren and Peter Brezovan currently the number 2 and 3 to Tomasz Kuszczak.

With the departure of Matt Sparrow (Crawley) and Ryan Harley (loan to MK Dons) more January departures from the first team squad seem unlikely.

Good luck to everyone involved on Saturday against Arsenal, it could be an historic day and if you can't get a ticket we will be providing all the build-up Saturday morning and full match commentary from 3pm.

Follow Albion home and away on BBC Sussex Sport

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Cricket

European Division 1 T20 Championship coming to Sussex in 2013

ICC EUROPE has this week announced their tournament schedule for 2013 with one of their exciting events this summer coming to Sussex.

The ICC European Division 1 Championship (T20) will be the flagship event taking place in the County between Monday 8th and Sunday 14th July.

The event is brought to the shores of England to Sussex where 12 European teams will battle it out to grab one of two qualification spots to play in the ICC Global World Twenty20 Qualifier in UAE in November 2013. It is wonderful opportunity to bring European cricket to England and show the great development of the sport across the continent, with matches played at Hove, Horsham, Preston Nomads CC and the Sutton Winson Academy Ground, Blackstone.

Former Sussex CCC Chief Executive, Dave Brooks, who will be supporting the event as an ICC volunteer said: "The County is delighted to host ICC European Division 1. With a route to the ICC World T20 Qualifier in UAE in 2013, we can offer great facilities and hopefully great weather. I am sure the floodlit final at the County Ground, Hove will offer a wonderful finale for the teams, and cricket supporters to Sussex to enjoy."

ICC Regional Development Manager, Nick Pink is excited by the tournament schedule. "We are looking forward to our summer tournament programme this year, and ICC Europe is excited to exploring new partnerships with Sussex CCC and Rugby School (for the U15's tournament) and would like to thank them for hosting the European tournaments."

ICC European Division 1 Championship- 8-14 July 2013, Sussex

Austria, Belgium, France, Denmark, Gibraltar, Germany, Guernsey, Italy, Isle of Man, Jersey, Norway, Sweden

Sussex County Football League

DIVISION 1

Team	P	W	D	L	F	A	GD	PTS
PEACEHAVEN & TELS	20	14	5	1	58	19	39	47
EAST PRESTON	20	14	4	2	58	20	38	46
HASSOCKS	25	13	4	8	57	37	20	43
RYE UNITED	18	13	3	3	60	29	31	42
REDHILL	20	13	2	5	42	23	19	41
RINGMER	21	13	2	6	48	33	15	41
EAST GRINSTEAD TOWN	23	12	4	7	67	35	32	40
LANCING	23	12	4	7	61	36	25	40
PAGHAM	19	12	2	5	46	33	13	38
LINGFIELD	20	10	3	7	49	44	5	33
ST FRANCIS RANGERS	22	9	3	10	32	41	-9	30
HORSHAM YMCA	20	9	1	10	56	35	21	28
CROWBOROUGH ATHLETIC	22	8	1	12	39	58	-19	25
ARUNDEL	22	7	5	10	31	47	16	26
SIDLEY UNITED	20	6	5	9	35	48	13	23
SHOREHAM	22	7	2	13	35	57	-22	23
HAILSHAM TOWN	17	7	1	9	33	40	-7	22
SELSEY	21	5	5	11	22	38	-16	20
DORKING WANDERERS	23	5	5	13	34	54	-20	20
CHICHESTER CITY	23	4	3	16	29	63	34	15
AFC UCKFIELD	20	2	3	15	26	76	-50	9
WORTHING UNITED	20	0	3	17	22	74	-52	3

DIVISION 2

Team	P	W	D	L	F	A	GD	PTS
NEWHAVEN	20	14	3	3	55	30	25	45
LITTLEHAMPTON TOWN	16	13	2	1	54	12	42	41
LITTLE COMMON	18	11	3	4	55	20	35	36
BROADBRIDGE HEATH	18	10	4	4	43	26	17	34
EASTBOURNE UNITED AFC	16	10	3	3	54	25	29	33
BEXHILL UNITED	17	9	6	2	42	29	13	33
MIDHURST & EASEBOURNE	17	7	6	4	42	31	11	27
LOXWOOD	19	7	5	7	36	30	6	26
WESTFIELD	16	7	4	5	34	24	10	25
MILE OAK	18	6	6	6	36	32	4	24
SEAFORD TOWN	16	5	5	6	26	32	-6	20
SOUTHWICK	18	6	1	11	36	41	-5	19
WICK	17	6	1	10	30	44	-14	19
STORRINGTON	18	5	4	10	29	48	-19	19
RUSTINGTON	17	4	2	11	29	46	-17	14
OAKWOOD	17	3	3	11	24	49	-25	12
STEYNING TOWN	16	2	5	9	31	41	10	11
SALTDEAN UNITED	18	0	1	16	16	112	-96	1

DIVISION 3

Team	P	W	D	L	F	A	GD	PTS
SIDLESHAM	11	8	2	1	42	16	26	26
BARNHAM	12	7	2	3	40	19	21	23
HAYWARDS HEATH TOWN	10	7	2	1	27	9	18	23
BILLINGSHURST	9	7	1	1	27	12	15	22
UCKFIELD TOWN	10	5	3	2	23	15	8	18
CLYMPING	10	4	2	4	11	17	-6	14
ROFFEY	10	3	2	5	20	21	-1	11
IFIELD	10	3	2	5	21	25	-4	11
ROTTINGDEAN VILLAGE	13	3	1	9	19	46	27	10
FERRING	10	3	3	4	19	30	11	9
HURSTPIERPOINT	11	1	1	9	11	26	15	4
TD SHIPLEY	10	1	1	8	9	33	-24	4

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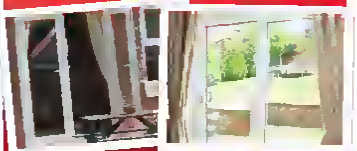

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